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Reflection Paper

In this lesson, we learned about some of the works and studies of Sigmund Schlomo Freud. Sigmund Freud is known as the founder of psychoanalysis. Psychoanalysis are psychological theories and therapeutic techniques. One of the most known work of Sigmund Freud is “The Iceberg metaphor”, which is a model of the human mind. It describes the features of the mind and its structure.

The upper part of the iceberg model or the tip is the conscious mind of the human. It contains all the mental processes of a human that they are aware of. An example of this would be if a man wants to eat because he is hungry, he then proceeds to eat food. The man is aware of the activity. Below the conscious mind of the man lies the preconscious mind. The preconscious mind contains all the thoughts and feelings of a man that they are currently are not aware of. But these thoughts and feeling can easily surface to the conscious mind. Some describe it as like being a mental waiting room, in which thoughts remain in wait until they succeed in attracting the eye of the conscious. And last is the unconscious mind which contains the mental processes that are described to be inaccessible to the consciousness but still influences the feelings, behavior or judgement of a man. Sigmund Freud describes the unconscious mind as the most important part of the mind because according to him, the most important part is the part that one cannot see. The unconscious mind is the primary source of human behavior.

The iceberg itself in the Freud’s iceberg model is divided into three parts, which are The Id, The Ego, and The SuperEgo. The Id originated from the German term ‘das Es’ which means “an unknown and uncontrollable force” in shorter explanation. It is the part of the mind that is ruled

by the pleasure principle because this part strives for nothing but for pleasure. The Id resides on the unconscious mind because a human is not aware of Id. But The Id is the only part of the personality that is present at birth, according to Freud since it is the primitive part that seeks to fulfill all of the basic urges without regards to values, good, or evil. This is where ego comes in. Ego develops the Id to ensure that the impulses of Id can be expressed in a manner that is acceptable in the outer world. Lastly is the Superego, which according to Freud, begins at age 5. The superego contains the moral standards and ideals that human acquire from the outside world, most notably from their parents. The superego contains the guidelines for making judgements.