

Comparison of Freudian & Jungian View on Dream Analysis

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ABSTRACT

Dream analysis has been considered as an important part of psychotherapy in Psychoanalysis and Analytical Psychology. In this paper reviewed the basis belonging to the two original and specific theories for dream analysis and interpretation from Freud and Jung. The functioning of each theory is given by the whole nature work behind it. Like the work of Jung's Archetypal images or the work of Freud the symbolic theory. The new conclusion has been that dreaming apparently adjusts itself to the theory that will be used to analyze and interpret the dreams.

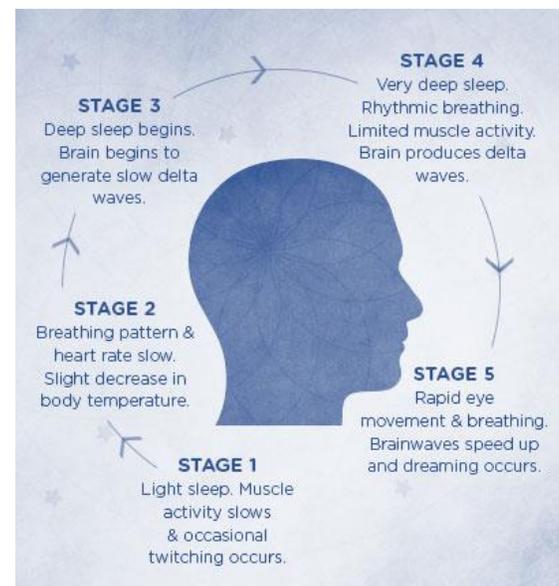
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Introduction

Dream analysis

Dreams are stated as "series of thoughts, visions or feelings, dreams arise several times per night during sleep". As a process sleep refers to cycle. It occurs in five stages, each helping to further the body's goal of relaxing and energetic, while stages 1-4 are non REM sleep, where as after this the REM (Rapid Eye Movement) stage starts where the dreams arises.

This stage of sleep where dreams arises is REM stage confirmed by National sleep an academy. When we sleep our conscious mind also rests and there the process of passing information of unconscious mind to conscious mind starts in the form of dreams. This is the time when chemical depletion and information exchanges occur. Whole night in 8 hours of sleep



we dream about up to 3-4 times and in adult it decreases up to 2-3 times. Each dream last up to 30 minutes while decreases with age. At the REM stage the chemical secretes is serotonin responsible for regulating sleep and moods.

Techniques Used in Dream Analysis

The best way to interpret or to analyse the dream is to write it after waking up. Most of the patients in Freud's place were complaining of not able to recall every dream which they saw. So the Freud's suggested that to write each and every instance which they remember. This means that you keep a notebook separate to sincerely write whole dream immediately after waking up. This process is important because then dreamer will forget the dream or some of the instances or parts which leads to the limitations of dream interpretation.

The next step for dream analysis comes to write the feeling of your own while dreaming, quite similar to it. This is important because the emotion of dreamer plays a very crucial role in interpreting the dream. Additionally but mainly ask yourself whether this feeling has a greater impact on your life or has different meaning.

Concerns/Limitations of dream analysis: As the researchers like Freud and Jung works on different nature of dream so this have particular flaws or say have contradicting statements or theories. Like the Freud's concept of dream that dream are only the repressed version of thoughts where as Jung state that it all depends on unconscious state of mind or the person ability perceive things, which is different of different people.

Objectives of study

1. To study the different approach of Freud & Jung's dream analysis.
2. To Study of difference in their methodologies.
3. To Interpreting Jung & Freud different symbolic representation of dreams.

Different researches are being done on why we dream or the ultimate purpose behind dream remains baffling. Some researchers say that dreams are essential for healthy lifestyle and physical well beings.

REVIEWS OF LITERATURE

Researches based on Freudian View of Dreams

Hall. J. (1992), stated and discovers the different aspects of neurotic dreams which are related to biological process. Mainly he focused on hormones like serotonin which is responsible for sleep thus for dream too. In sleep medicine journal an article of dream, work on dream is totally related to the human cognition which is still a mystery today. The psychological aspect where dream comes in REM stage of sleep influences the unconscious mind to gather whole

information to the conscious mind. According to Freud he stated as the bridge between unconscious mind and conscious mind are dreams.

Shadoian, J. (2003), concluded his study on dream psychotherapeutic i.e. Freud influenced. He stated that every human being has desires. In fact, it is very human to have desires. Desires push us to stretch our limits, to be creative, innovative and dedicated to a course so that we can fulfill them. Desires motivate us to explore our potentials and do more than just the average in an attempt of accomplishing them. Safe to say, people do what they do to achieve their dreams. Shadoian asserts that dreams do not follow a one-size-fits-all kind of criterion, and they differ from person to person.

Coolidge F. (2006) conducted an experiment on non student sample to gather information about flexibility of dreams among male and female. He found that females are more easy and comfortable to narrate the dream than a man does. Dreams are more often told to the partners or the beloved ones with the sake of entertainment. He also figures out that the dreams of men are more fragile and responsible than females. Mainly he stated about the different pattern of dreams among males and females and got the result that the analytical dreams are coherent in men where as inductive by nature in women.

Shaw.F (2006) elaborated about the technique of Freud i.e. “psychoanalysis” which is , it is the elaboration of the “ free association” technique. In this the patient is allowed to talk freely or say freely his/her whole dream which gives the idea of whole mind set of patient and the experience. This technique was firstly used by Freud and Shaw elaborated this. This psychoanalysis of dream further used as a psychotherapy to cure the patients of anxiety, depression, hypertension etc.

Researches based on Jung View of Dreams

Delaney. G (1990), gave the techniques method for dream interpretation. He discussed about Personal and professional problem solving in dreams. In S. Krippner (Ed.), new consciousness reader series he discussed the natural problem-solving nature of many spontaneous dreams and introduce a method for eliciting dreams that are helpful in solving specific, targeted problems professional and personal problem.

Berger. L. (2000) mainly talks about the incorporation dreams where he justify with the Jung’s idea which says that dreams are not influenced by the emotions or traumas one going from last day or hours earlier. Because it was seen with the sample of Primarily students in the experiment where some students were going from some depression or psychological traumas but after dreaming they didn’t saw any dreams regarding to their life recent problems or the cause of depression. Bythese study we can state that the dreams are not very fragile or instant accumulation of instances one sees dream according to their perception capability.

Hoffman. C. (2004), worked on one of the type of dream i.e. dream of prophecy. This is the type of dream where emotions and feelings attached to the unconscious mind comes in the form of dreams itself. This type is also subjected to be the dream which foretells the future events occurrence. He also gathered information of different emotional and physiological events that occur in gathered sample of 300 non students which can write.

Zoltankovary (2006), interlinked concept of Jung and Freud of personal unconscious and the aroused material, the work of C.G Jung and Sigmund Freud together stated the concept of aroused material which is responsible for path between unconscious and conscious mind which is dream itself. By this study the findings were of materials which are dominating in our dreams like our parents, cousins, loved ones etc. Together study of both the great psychologists results a different conclusion which is very productive.

Researches based on General Reviews

Balu, L. (1997) stated that to achieve your dreams or rather to make them a reality you have to believe in them. You have to tune your mindset to be in sync with your dreams. The modern society is so obsessed with the standard way of life. It has set objectives and a myth of what a successful life is like. If you ask anyone, it is going to school, acquiring a degree and raising a family; that is the basic definition of success.

Abraham. A, (2008), reviewed the material which satisfy both the aspects of Jung's and Freud's which together concluded both of their studies which are useful in order to determine the type of dream according to Freud's and Jung's. The latent dream include the events which are about to held and manifest dreaming is responsible for past experiences. "This article focuses on Jung's Siegfried-dream found in his autobiography, since it is closely related to the Freud-Jung-Spielrein triangle, and can be associated with some significant aspects of intellectual history". "The text of the dream is treated as an Allportian first-person document that can be a starting point of a psycho biographical investigation".

Fringe. B, (2010), stated as the different approach towards the dream interpretation nature given by Freud and Jung. This symbolic method which represents different meanings of dreams was very fragile but as he suggested different approach towards the breaking through dreams, influenced with the ideas of Jung. This study also told about the prophecy dream nature and its uses. His study on 600 samples had the objective to gather information of their prophecy types of dreams and conclude them in relatable form.

Meaning of different dreams

According to Freud

Freud said that through his studies that person have access to their thoughts more in unconscious state rather than in conscious state. Freud believes that at the waking state in our conscious mind we are not in our deepest level of thought because of consideration of morality and reality. But

while sleeping our conscious mind weekend forces which resist to represent the thoughts, meaning a person can live or have a full access to his/her desires through dream.

In the middle of 1888 Freud concluded that our dreams are able to provoke our thoughts which are repressed because of which anxiety Provokes. Mainly he focuses on sexual desires which are repressed in our waking state because of fear of embarrassment. The defence mechanism moulds our dream into a symbolic form.

Symbolic representation of dreams

Freud wrote about dream mainly in his book “The Interpretation of dreams”. According to Freud many things, humans appears dream carry symbolic meaning attached with it. For example- The human body, parents, children’s, siblings, birth, death etc.

If the person sees in his dream about a house than according to Freud “houses with smooth walls are men, and those with projections and balconies to which one might cling are women”. If someone sees his/her parents in dream on respected places like king & queen than it shows a respect towards his parents.

“Birth is almost always represented by some reference to water”: if someone drowning in water or climb out of it , “rescues someone from water or gets rescued from water (indicating a mother-relationship to that person)”. Death is replaced in dreams by taking a journey; nakedness is symbolized by clothing, especially uniforms. Freudian approach towards dreams was focused on sexual orientation.

Categorisation of Freudian sexual symbols

- **Male genital:** Symbolised by sticks, umbrellas, poles, trees, or the Washington monuments. Sometimes knives, daggers, Lance’s & water flowing objects.
- **Female genital:** Mainly symbolised with something which can be filled like pits, holes, bottles, jars & shoes.
- **Women & Men:** Women by paper, wooden objects. Men by rock, mountain.
- **Sexual intercourse:** Jewels & sweets frequently occurred.
- **Masturbation:** Sliding, coasting, branches of trees.
- **Teeth falling:** Indicating fear of castration as a punishment for masturbation.

Types of dreams according to Freud

Freudian approach to dream was mainly concise on sexual urges. But as dream also comes with many different meanings so the main focus appears on perception towards dreams. According to Freud dreams carry their own meanings **latent & hidden**.

Latent dreams, this refers to a symbolic representation of dream that has to be interpreted. It carries psychological meaning of dream and it totally related to wish fulfillment. This also has further divisions on manifest and latent content.

Manifest content is actual literal subject of dream where as **latent content** needs to be interpreted because of its hidden meanings. For example “imagine that you have a dream that you are naked in public. The actual storyline of the dream is the manifest content, but Freud would suggest that there is more to the dream than its literal meaning. He might interpret the dream to mean that you fear exposure, that you feel insecure, or that you fear other people will notice your shortcomings. This hidden meaning represents the latent content of the dream”.

Dream manipulation: Defence mechanism

To manipulate or mould dreams for societal acceptance, defence mechanism plays an important role in it. There are five mechanisms which explain the manipulation process three main are:-

- **Displacement:** It involves replacing one thing with something else. In a dream, you might find yourself irrationally upset with a relatively trivial or seemingly harmless object or person. Freud would suggest that this object is simply a stand-in for the thing that is truly bothering you”.
- **Projection:** According to Freud this “involves placing your unacceptable feelings on someone else. For example, you might dream that someone in your life dislikes you, but in reality, you dislike them. This type of distortion reduces your anxiety by allowing you to express the feeling, but in a way that your ego does not recognize”.
- **Symbolisation:-** It “involves acting out the repressed urge in a symbolic act. Freud might interpret dreaming about smoking a cigarette or inserting a key into a car's ignition as having a sexual meaning”.

According to Jung's theory:-

Jung worked basically on collective unconscious state and unconscious mind, He called this process to be individualisation. Jung contradicts on Freud work by disagreeing that everything presented in a dream is only because of repressed sexual desire. His basic focused on symbolism and imagery. He believed that the best interpreter of dream is the one who experience it.

Jung gave different approach to study the dreams by archetypal theory and through collective unconscious. As the crucial work of Carl Jung the archetypal images brings balance in sleeping state. Also belief of Jung was that the dream is the connection between conscious and unconscious mind as he denied the theory that dream is only the repressed thought of sexual desire but it is more than therapeutic rather to be just analytics.

Theory of archetypal images: Jung suggested that the archetypal images which derived from different body organs and all cognitive centres in our mind. As Jung also believe in telepathic So his theory of archetype which says “archetypes are the images, pattern and symbols that rise out of collective unconscious and appear in dream mythology and fairy tales” should not be mixed with it.

So if the archetypes set in our conscious mind easily and often then the dreams appear basically based on that such symbol. The quicker we balance and understand these symbols or archetypes the better we understand our dream. The therapeutic role of Jung base to provide the meaning of relation of Dreamy symbol to waking life this is the method of Jung’s dream interpretation.

The collective unconscious: The component which ancient mythology misprints the collective unconscious is a psychic reservoir of knowledge. But according to Jung he was pointing more towards the psychological constants in all societies such as rights of woman or feminism thought.

As Jung only believe that the whole dream process is focused on dreamer itself. The analytical study of Dream done by humans is based on statements of place, identity of human figures in dreams and most rarely indication of time. The symbolism theory of Freud which was totally dependent on symbols which are fixed for every dream. where as Jung place this an open minded process in every situation and according to every individual. Jung also uses symbols but at emergency, basically depend on the life history of dreamer.

12 Archetypal images: As there are many archetype but Jung focused on 12 which are further divided into three parts that is ego, soul and self. Types of this here share a common source will drive human mind. Like within Ego set is only driven to fulfil ego agenda.

The Ego Types
<p>The Innocent Motto: Free to be you and me Core desire: to get to paradise Goal: to be happy Greatest fear: to be punished for doing something bad or wrong Strategy: to do things right Weakness: boring for all their naive innocence Talent: faith and optimism</p>

<p>The Orphan/Regular Guy or Gal Motto: All men and women are created equal Core Desire: connecting with others Goal: to belong Greatest fear: to be left out or to stand out from the crowd. Strategy: develop ordinary solid virtues, be down to earth, the common touch Weakness: losing one's own self in an effort to blend in or for the sake of superficial relationships Talent: realism, empathy, lack of pretends.</p>
<p>The Hero Motto: Where there's a will, there's a way Core desire: to prove one's worth through courageous acts Goal: expert mastery in a way that improves the world Greatest fear: weakness, vulnerability, being a "chicken" Strategy: to be as strong and competent as possible Weakness: arrogance, always needing another battle to fight Talent: competence and courage.</p>
<p>The Caregiver Motto: Love your neighbour as yourself Core desire: to protect and care for others Goal: to help others Greatest fear: selfishness and ingratitude Strategy: doing things for others Weakness: martyrdom and being exploited Talent: compassion, generosity</p>
The Soul Types
<p>The Explorer Motto: Don't fence me in Core desire: the freedom to find out who you are through exploring the world Goal: to experience a better, more authentic, more fulfilling life Biggest fear: getting trapped, conformity, and inner emptiness Strategy: journey, seeking out and experiencing new things, escape from boredom Weakness: aimless wandering, becoming a misfit Talent: autonomy, ambition, being true to one's soul</p>
<p>The Rebel Motto: Rules are made to be broken Core desire: revenge or revolution Goal: to overturn what isn't working Greatest fear: to be powerless or ineffectual Strategy: disrupt, destroy, or shock Weakness: crossing over to the dark side, crime</p>

Talent: outrageousness, radical freedom

The Lover

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Creator

Motto: If you can imagine it, it can be done

Core desire: to create things of enduring value

Goal: to realize a vision

Greatest fear: mediocre vision or execution

Strategy: develop artistic control and skill

Task: to create culture, express own vision

Weakness: perfectionism, bad solutions

Talent: creativity and imagination

The Self Types

The Jester

Motto: You only live once

Core desire: to live in the moment with full enjoyment

Goal: to have a great time and lighten up the world

Greatest fear: being bored or boring others

Strategy: play, make jokes, be funny

Weakness: frivolity, wasting time

Talent: joy

The Sage

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

<p>The Magician Motto: I make things happen. Core desire: understanding the fundamental laws of the universe Goal: to make dreams come true Greatestfear: unintended negative consequences Strategy: develop a vision and live by it Weakness: becoming manipulative Talent: finding win-win solution</p>
<p>The Ruler Motto: Power isn't everything, it's the only thing. Core desire: control Goal: create a prosperous, successful family or community Strategy: exercise power Greatest fear: chaos, being overthrown</p>

Interpretation & Discussion

Characteristics	Freud	Jung
The conscious mind	The conscious mind actively suppresses desires.	The conscious mind constructively negotiates thoughts.
The unconscious mind	Driven by sex (our libido) and aggression.	Influenced by our lived experiences.
Dream analysis	Dreams are the manifestation of humans desires	Dreams can reflect on many different approach of ones life
Transference	Requires] hierarchical relationships.	Requires levelled mutual relationships.
Understanding of dream	Psychology is an empirical science.	Psychology is a science that can be used to support religious, spiritual and cultural ideas.
Approaches	Religion/spirituality should be separated from psychology and research.	Religion/spirituality is an essential part of developing the human psyche.
Practicing interpretation	Freud believed in frequently seeing his patients. In 6 weeks.	Jung saw his patients twice a week.

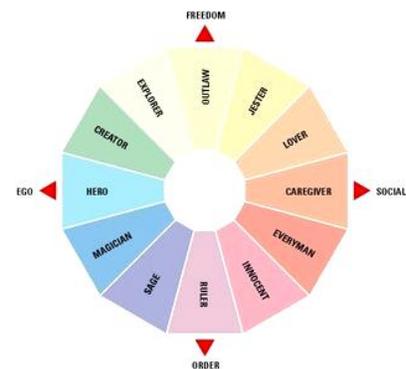
Findings

Freudian View

- “The Interpretation of dreams” (1900). Freud found different ways to interpret dreams.
- Found types of dreams and categorised that as **latent and manifest dreams** one with consciousness where as other with hidden meaning.
- Dreams are the repressed thoughts of one’s sexual desire which appear in the form of dream itself- Freud.
- Freud somewhat believed that dreams are influenced of one’s past experiences which he/she had gone through in waking state.
- Freud also believed that dreams originate from unconscious mind. So Freud considered dream as the royal road to unconscious mind.
- As Freud gave different many symbols particular to all the instances happen in dream called the symbolism theory of Freud.
- As the concept of Freud like (libido), the Oedipus complex, Electra complex is repressed in one’s unconscious mind which further leads to sexual dreams. This called as work of dream by Freud.
- The need to interpret dream come because of our defence mechanism said by Freud,as these mainly:-
 1. **Displacement:** It “Involves replacing one thing with something else. In a dream, you might find yourself irrationally upset with a relatively trivial or seemingly harmless object or person”.
 2. **Projection:** According to Freud this “involves placing your unacceptable feelings on someone else. For example, you might dream that someone in your life dislikes you, but in reality, you dislike them”.
 3. **Symbolisation:-** It “involves acting out the repressed urge in a symbolic act. Freud might interpret dreaming about smoking a cigarette or inserting a key into a car's ignition as having a sexual meaning”.

Jung’s View

- Derived psychotherapy from analytical psychology itself.
- Found the theory of collective unconscious further believed the origin of dream.
- Jung said and believed “dreams are totally dependent on dreamer itself.
- The most useful theory by Jung in context of dream was the “archetypal theory of images”. Which basically include 12 types but categorised in three parts as **Ego**,



soul & self.

- The Archetypal dream consider images based on twelve types which basically and mainly are the shadow, the anima for men, animus for women & self (archetype for meaningfulness).
- *Individualisation* as proposed by Jung (which is contradictory to Freud nature of understanding of dreams) as every dreamer dream differently.
- According to Jung the communication is the best technique for dream interpretation.
- “Homeostatic regulation of the psychic”- when unconscious mind communicate with conscious mind simply called as dream. The archetypal circle shows as:-

Discussion

Studies of Freud and Jung about dream show that there are specific differences among their works. As the work of Freud over dream is huge and cannot be explained in one paper same for Jung. But from this we can get the overview of both works. According to Freud dreams are only because of repressed thoughts of sexual desire (libido) where as Jung consider the past experiences and archetypes responsible for dream. As Freud gave his symbolic theory for dream in where he specify all the symbols to the instances happen in dreams but the flaw was that all the symbols were Same for every individual's dream, where as Jung gave the archetypal theory based on his individualisation nature of dream. Jung considers all the dream are different and the best dream interpreter could only be dreamer itself. But both consider the unconscious mind to be the origin of dream and the best technique for dream interpretation to be the free association which Jung proposed as homeostatic regulation.

Conclusion

Thus we can conclude this paper by the outcomes and findings that we discussed earlier, as the work of Freud was the first and ultimate but it was criticised due to concise thinking which giving symbols commonly to all the dreamers is. As Jung suggested that every dreamer dreams according to his/her collective unconscious or personal unconscious. Jung's study of collective unconscious proves to be useful to sympathize is the meaning of dreams the universal validity by Hobson & McCauley (1985). Jung & Freud both concluded that rhyme definition to be as an event that occurs in a state of mental and body regression when human orientation occur. So we can say that dream interpretation is the on going process which cannot be studied completely rather studying according with accuracy.

Jung: “*Dreams are illustration from the book which your soul is writing about*”.

Freud: “*Dreams are often profound when they seem the craziest*”.

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