

### Structure of the personality

- Three clear definitive structural properties to the personality: id, ego and superego
- Functioning takes place on three levels of consciousness: conscious, pre-conscious and unconscious.
- the individual consists of three separate aspects that function together in order to attain three primary goals: 1) to ensure survival of the individual, 2) to allow the individual to experience as much pleasure as possible, 3) and to minimise the individual's experience of guilt.

The three levels of consciousness do not explain the complex psychic functioning satisfactorily so Freud created the structural concepts.

The structural elements function on different levels of consciousness:

id - unconscious  
but can make wishes felt on a preconscious level such as in dreams

Ego and Superego - function at all 3 levels but not to the same extent

an individual's conscious experience consists primarily of ego functions such as thinking and perceiving.

## Freud 2

### The levels of consciousness

- **Conscious:** thoughts, feelings and experiences of which individual is currently aware: the contents of this level change all the time
- **Preconscious:** information which can be recalled to consciousness without much effort. Memories of earlier occurrences that are not painful or anxiety provoking and experiences and observations on which the individual is not concentrating at any particular moment.
- **Unconscious:** contains 'forbidden' drives and memories of events and wishes which cause pain and anxiety and guilt and which individual cannot recall to the conscious mind.

### Principle of mechanism, energy transformation and energy conservation to explain psychological functioning

- **mechanistic assumption:** psyche functions with help of energy converted from physical-biological form to psychic energy according to the familiar physical principle of energy transformation
- **energy transformation:** drives that reside in the id and internalised moral code in superego both possess transformed energy
- this energy can either urge the individual to act to satisfy their drives or torture the person with feelings of guilt.
- the individual has to cope between conflict from these two forms of energy: drive energy in the form of 'forbidden' wishes and moral energy in the form of guilt feelings
- energy conservation = the energy attached to wishes and guilt feelings do not disappear of its own accord