

Getting to Know Jung I

Individuation

- **Hearsay about Jung**

- collaborated with and defected from Freud;
- Jung was a “mystic;
- Jung experienced a “creative illness;”
- Jung wrote about “archetypes” & “synchronicity;”
- “Individuation” is an important concept for Jung.

- Another fundamental concept:

Adaptation

- Individuation
 - individuation means “becoming whole”
 - wholeness means factual knowledge about oneself

- Individuation
 - individuation means “becoming whole”
 - individuation means factual knowledge about oneself
 - individuation means self-acceptance

- “Perhaps this sounds very simple, but simple things are always the most difficult. In actual life it requires the greatest art to be simple, and so acceptance of oneself is the essence of the moral problem and the acid test of one’s whole outlook on life.”

“Psychotherapists or The Clergy,”
CW 11, para. 520

Individuation involves

- actualizing one's innate potential
- recognizing the “law of one's own being”

AND

Growing where one is planted

- Adaptation
 - Conscious
 - Deliberate
 - Intentional

- Adaptation

- Two vectors:

- adaptation to outer conditions
 - adaptation to inner conditions

- **Preferences and their Consequences**

- Individuals appear to have an innate predisposition, bias
- The non-preferred attitude is less-well developed, less functional, less reliable
- More likely to mess up when the individual needs it most
- Preference leads to accumulation of “unlived life”

- The optimal situation
 - finding a relatively functional balance between extraversion and introversion

- Operationalizing the two attitudes
 - In order to adapt we must be able to:
 - 1) perceive what's going on, what the data is, and what it may imply;
 - 2) make choices, decisions and judgments about where the data fit and what the data mean

- The two attitudes

Extraversion	Introversion
<p>The attitude by which a person relates to “outer conditions,” “not only the conditions of the surrounding world, but also [the] conscious judgments, which [s person has] . . . formed of objective things.”</p>	<p>The attitude by which one relates to “inner conditions . . . , [meaning] those facts or data which force themselves upon [one’s] inner perception from the unconscious, independently of [one’s] conscious judgment and sometimes even in opposition to it. Adaptation to inner conditions would thus be adaptation to the unconscious.”</p>

- The Four Functions

Perception	Sensation	Registering data with the physical senses.
	Intuition	Registering data without benefit of physical senses (via the “unconscious”).
Judging	Thinking	Evaluating where data “fits” in recognized / known patterns; or creating those patterns.
	Feeling	Evaluating data in terms of “human meaning.”

“The conscious psyche is an apparatus for adaptation and orientation”

(CW 6, para. 899)

- Putting it all together
 - Adaptation and individuation are clinically important and concepts of enduring value.
 - Individuation means “becoming whole.” It is not the same as “becoming perfect.”
 - Adaptation is conscious, deliberate, intentional, and has two vectors:
 - Four functions: 2 perceiving; 2 evaluating

- Dream Example: Train in the Old West

Jung characterized the goal aptly when he wrote that the goal is “the optimum development of the whole individual human being. . . .[which calls for] the absolute affirmation of all that constitutes the individual, the most successful adaptation to the universal conditions of existence coupled with the greatest possible freedom for self-determination.”

“Development of Personality,”

CW 17, para.289

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