

Carl Jung

PSYCHOEDUCATION · ANALYTICAL PSYCHOLOGY AND THE JOURNEY TOWARD WHOLENESS

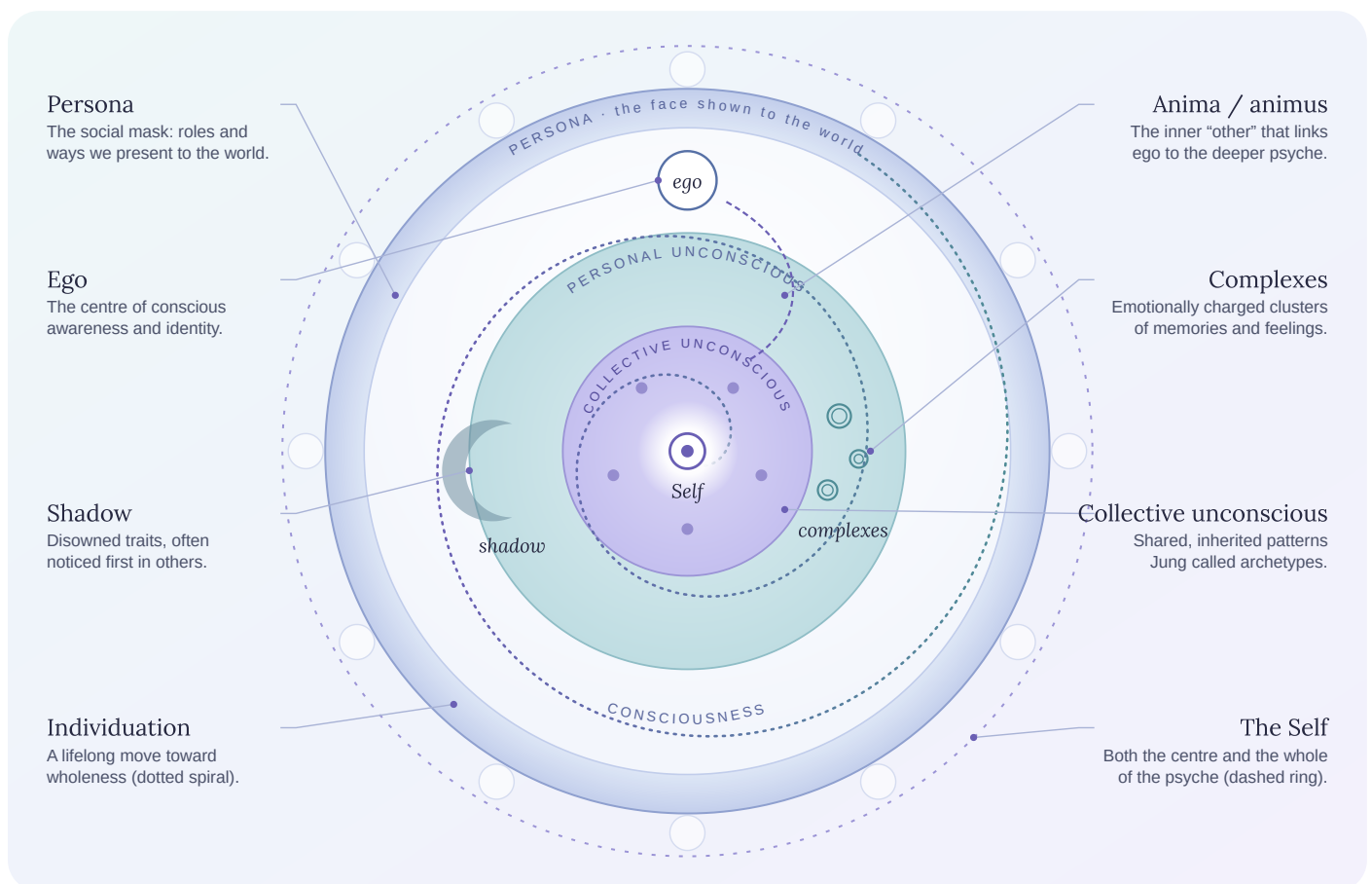
Key ideas from Carl Gustav Jung, and how they can support reflection today

Carl Gustav Jung
1875–1961 · Swiss psychiatrist

An early collaborator of Sigmund Freud, Jung parted ways with him around 1913 and founded analytical psychology. He was interested in the whole person, the unconscious as a source of meaning as well as conflict, and the symbols found across dreams, myths and cultures.

01 A map of the psyche

a simplified picture of Jung's model



Reading the map: moving inward, each layer is less conscious and more widely shared. The ego sits near the surface of awareness, while the Self is both the hidden centre and the whole. The dotted spiral traces individuation, a gradual turning inward toward wholeness.

02 Four key archetypes

recurring patterns within us

Persona

the mask

The roles and manners we adopt to fit in and get along. Useful and necessary, but a problem when we mistake the mask for the whole self.

In everyday life: The 'professional you' that switches on at work.

Where does my persona feel like armour?

Shadow

the disowned self

Qualities we don't recognise in ourselves, both difficult and valuable. It is often glimpsed through strong reactions to others, known as projection.

In everyday life: Intense irritation at a trait in someone else.

What do I judge in others that I might carry too?

Anima / animus

the inner other

Jung's terms for the inner counterpart to our conscious identity, which he linked to gender. Many Jungians now describe it in less gendered ways.

In everyday life: Feeling strongly drawn to qualities we don't live out ourselves.

What qualities in others move me most, and why?

The Self

centre and whole

The organising centre of the whole psyche, conscious and unconscious. Jung saw it expressed in symbols of wholeness such as the mandala.

In everyday life: Moments of feeling unusually integrated or 'at one'.

When do I feel most whole?

Wholeness, not perfection, was Jung's aim for a life.

03 More of Jung's key ideas

concepts that shaped depth psychology

Individuation

The lifelong process of becoming more fully yourself by bringing unconscious parts into awareness and integrating them, rather than perfecting yourself.

not a destination, a direction

Collective unconscious

A deeper layer of the psyche that Jung believed all humans share, patterned by archetypes: recurring images like the mother, hero, trickster and wise elder.

seen in myths, stories and dreams

Complexes

Emotionally charged clusters of memories and associations that can take over our reactions. Jung first identified them through word-association experiments.

"it pushes my buttons"

Dreams

Jung saw dreams as a natural, often compensatory voice of the unconscious, balancing a one-sided conscious attitude rather than disguising wishes.

what might this dream be balancing?

Active imagination

A method of engaging with inner images while awake, for example by drawing, writing or dialoguing with a figure from a dream.

listening to the psyche on purpose

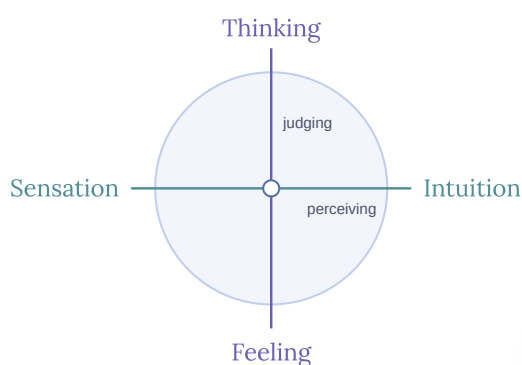
Synchronicity

Jung's term for meaningful coincidences with no causal link. It remains a philosophical idea rather than a scientifically supported one.

meaning, not mechanism

04 Psychological types

two attitudes, four functions



How we direct energy, and how we take in and judge the world

Attitudes: introversion turns energy toward the inner world; extraversion toward people and things outside. Jung saw everyone as having both, with one usually leading.

Functions: sensation and intuition are ways of perceiving; thinking and feeling are ways of judging. One tends to be most developed, and its opposite least, which Jung linked to where we feel clumsy or reactive.

05 Jung today

what has held up, and what hasn't

WHERE HIS INFLUENCE ENDURES

- Introversion and extraversion survive in modern trait research as part of the Big Five.
- Depth-oriented therapies, dream work and creative approaches still draw on his ideas.
- Concepts like the persona and shadow are widely used as tools for self-reflection.

WHERE CAUTION IS NEEDED

- Archetypes, the collective unconscious and synchronicity are hard to test scientifically.
- The Myers-Briggs Type Indicator, inspired by Jung, has been criticised for unreliable type categories.
- His ideas are best used as lenses for meaning, not as diagnoses or labels.

06 Reflecting with Jung

optional · take what is useful

The persona I show most often, and where:

A trait that irritates me in others, and where it might live in me:

A dream, image or symbol that keeps returning:

One small step toward wholeness:

I tend to recharge through...

The function I lean on most, and least:

my inner world ☐ ☐ ☐ ☐ ☐ ☐ ☐ people and activity

☐ Thinking ☐ Feeling ☐ Sensation ☐ Intuition

Using these ideas wisely

Jung's concepts are invitations to curiosity, not categories to fit people into. Hold them lightly, and avoid using them to label yourself or others.

GO AT YOUR OWN PACE

Exploring the shadow or recurring dreams can stir up strong feelings or memories. You can pause, skip a question or come back another time. If reflection becomes distressing, consider talking it through with someone you trust or a qualified professional.

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