

# A Probe into Freud's Ego Image

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**Abstract:** Philosophical science of psychotherapy is the knowledge of human being. How to treat human being and how to know human being is the premise and foundation of this philosophical science. As the founder of the classical school of psychoanalytic therapy, Freud sought to explore the inner psychological activities of people in the general sense based on the psychological activities of patients suffering from various mental diseases. In early days, his studies set up with people's spiritual life and then further clarified people's spiritual activities or mental illness from the dimensions of consciousness and subconsciousness. In the later period, the psychological structure of human is divided into three selves, which is used to explain and solve troubles mentioned. However, both two ways do not completely differ from each other. As Ego being a key connecting Freud's mental with personality structure, this paper tries to analyze its generation, function, and separation.

**Keywords:** The theory of ego three self; Freudian psychoanalysis; Theory of human nature

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The yell of life comes out of the struggle with lust, and the pleasure principle serves as a guide to the id in the struggle with libido, the force that introduces this obstacle into the life process. -- Sigmund Freud

Freud's view of human nature can be perceived in this passage in his philosophy of mind. The sexual instinct, the id following the pleasure principle, the id personality containing all the genetic elements of the primitive instincts and desires. In fact, Freud's theory of human nature covers both the prophase and the anaphrodisiac phases, which can be connected here.

## 1. The Emergence of the Ego: the Nexus of the Spiritual and Personality Structural Levels

According to Freud, the basic premise of psychoanalysis is the division of mental life between consciousness and subconsciousness. And we have two kinds of unconscious -- one that is latent but can be made conscious, and one that is repressed but cannot be made conscious in the usual way. Therefore, there are three levels of consciousness, pre-consciousness, and subconsciousness in the spiritual structure of human beings. However, in the further practice of psychoanalysis, Freud realized that these divisions are not enough either, not enough for practical purposes. Why are they not enough? Freud doesn't go any further. Let's skip it and go further. This has been made clear in many ways; But the decisive situation is as follows. The following is the beginning of his interpretation of the self as a coherent organization of mental processes and the relationship between the self and consciousness. From this point of view, we can infer that the reason of not enough is related to people's spiritual structure and people's personality structure. The level of spiritual structure is the internal existence and attribute of human being, while the level of personality structure more reflects the internal and external existence and attribute of human being. We know so little about internal feelings and emotions that the best examples of them are those belonging to the pleasure-pain series, which may be one of the reasons why Freud modified his theory a little later.

And the key thing that runs through or connects these two types of structures is the concept of the ego. Why is that? To understand this question, we first need to analyze Freud's interpretation of the meaning of ego. We have formulated the idea that every person has a coherent organization of mental processes that we call his ego, and we can interpret this conceptual discourse in

such a way that the ego is organized and plays a coherent role, and that it is the whole mental process that connects the person. And then there's the question of, what is the mental process that Freud is talking about? What is the way and path of self-coherence? Medium-free? Let's go back to Freud's analysis, whose believes that the discharge of one's excitement into the external world is an expression of one's agency, and that this ego contains consciousness, which controls the path of one's agency, and the whole process of formation is regulated by such an institution, which, of course, exists only in one's mind. At night, the sleeping person seems to have ceased to interact with the outside world, and the ego has relaxed its control over the road, but it is still examining the dream, and in the process it excludes certain mental tendencies from consciousness and forbids them from other forms of expression or activity. The meaning or consequence of this, according to Freud, there is a resistance that arises from the opposition between the ego and the repressed tendency, that arises from the ego and belongs to the ego. Thus, he concluded, there seems to be something subconscious within the ego itself. In this way, the resistance between the ego and something like the unconscious that comes out of the ego is replaced by a resistance between the organized ego and the repressed ego that splits away from it. That is to say, the ego itself covers the attribute of consciousness and subconsciousness, consciousness and subconsciousness in the debate and make themselves the connotation of more refined (organization of self and splintered the repressed self), though, it seems in order to eliminate resistance in Freud, the better method to solve the problem. However, the transfixion effect of ego in the period has been revealed.

## **2. The Ego-function: formation and differentiation**

Where does the ego come from if the ego is in this position? How does it function? The answer to this question goes back to Freud's discussion of id. After a series of clarifications on the relationship between external perception and internal perception as well as preconscious perception, these surface systems of consciousness, Freud again confirmed the ego. Thus he agreed to adopte the George Graue to the understanding of the content of the ego in what we call self life's behavior is largely passive, we are not know, unable to control the power of the living, in this way, people will be regarded as a unknown, subconscious psychological the id, the ego is from such a Ben my appearance (center), from consciousness before system development and to. How to understand? The ego is only the outer appearance of the preconscious perceptual system that forms (the self). It does not include the whole id, but is not distinct from it. What is merged with the id is only the lower part, including the suppressed part. Our analysis, the ego is the part of me, but passed as the medium of consciousness before consciousness system, due to the affected by the outside world has changed, ego has a kind of "the influence of the outside world imposed on the tendency of this I, and try to use "reality principle instead of in this I dominate the pleasure principle, which is mentioned in front of the initiative of the people road of normal control. In addition, Freud also analyzed the second important factor in the formation of the ego, which is the human body itself. The first is the appearance of a person, which is the place where the external perception and internal perception are generated. That is to say, the ego should first be the self of the body, which includes surface entity and surface projection, which means that the ego is basically derived from the feeling of the body, and the feeling of the body is mainly generated from the feeling of the body surface. Therefore, it can be regarded as a psychological projection of the body surface. And it is the physical self that separates the ego from the id. It should be emphasized that there is still an important and delicate relationship between the ego and consciousness, but I will not go further into it here.

Another thing that needs to be talked about is the hierarchy or division of the ego. "We hypothesize that there is a hierarchy within the ego, a stage of differentiation within the ego, which can be called the 'ego ideal' or the super ego". Freud mainly through the sexual instinct and self-instinct in the conflict of repression, resistance and other issues to do the analysis and deduction. He sees "the widespread outcome of a period of sexual desire dominated by the Oedipus complex" as a sediment of self-formation, made up of two kinds of identity functions that are somehow combined. This transformation of the self ends up in a "form of self-understanding or superego in contrast to the other components of the self. That is to say, as for ego, superego doesnot just telling ego what should do or should not do, as this I first selected object the legacy of a sediment, represents an energy against those who choose to reverse effect. The more to later, at the mercy of the superego for ego is likely to be an unconscious sense of guilt form.

## **3. Summary**

In the end, Freud's summary of ego is the summary of the content of this paper. First, the separation between ego and id can be attributed to primitive man, or even to simpler life forms, because it is the inevitable expression of external influence. Secondly, the ego is to the outside world I represent, in addition to yourself, no external changes could be mentioned in the present I perception and experience. Finally, in this I can be genetic, holds countless past the existence of the ego in the ruins, but form it out myself when this

my superego, perhaps just restore lost ego-image, and guarantee their resurrection. In fact, the contents related to Freud's "Three-Self" theory is still being criticized by various parties, such as the theory of sexual evil and the determinism of biological instinct. But we can't deny that Freud psychoanalysis on the basis of whether in philosophy or practice can shift from focus and the mental structure level of treatment to people structure hierarchy theory, which should be a natural and simple humanities view, for the theory of Freud's own development and a significant progress and correction.

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