



# **GEN 0104 Self-Development**

## **Week- 3:**

### **Unit2: Uniqueness to Self development**

Lecturers:

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<http://www.ssrु.ac.th>

# Sigmund Freud Theory

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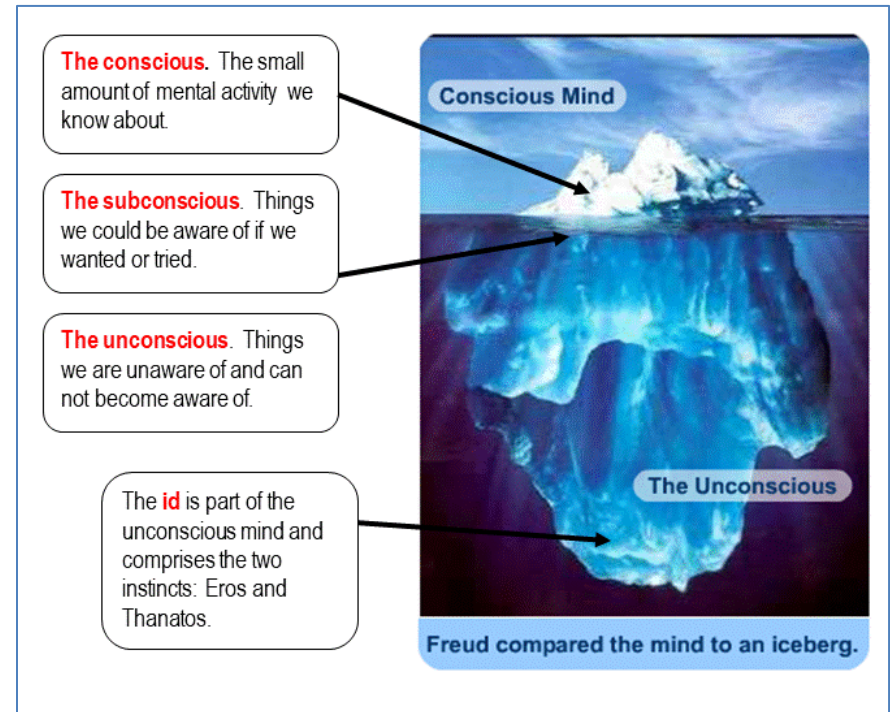
Sigmund Freud (1856 to 1939) was the founding father of **psychoanalysis**, a method for treating **mental illness** and also a theory which explains **human behavior**.

Freud believed that events in our **childhood** have **a great influence on our adult lives**, shaping our **personality**.

# Freud's Three levels of Mind/Awareness

**Three** levels of the mind:

- 1. Conscious mind:** The top of the iceberg.
- 2. Preconscious:** The part of the iceberg that is submerged below the water, but is still visible.
- 3. Unconscious:** The bulk of the iceberg that lies unseen beneath the waterline.



# Sigmund Freud Theory of Personality

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Freud states that personality is composed of three elements:

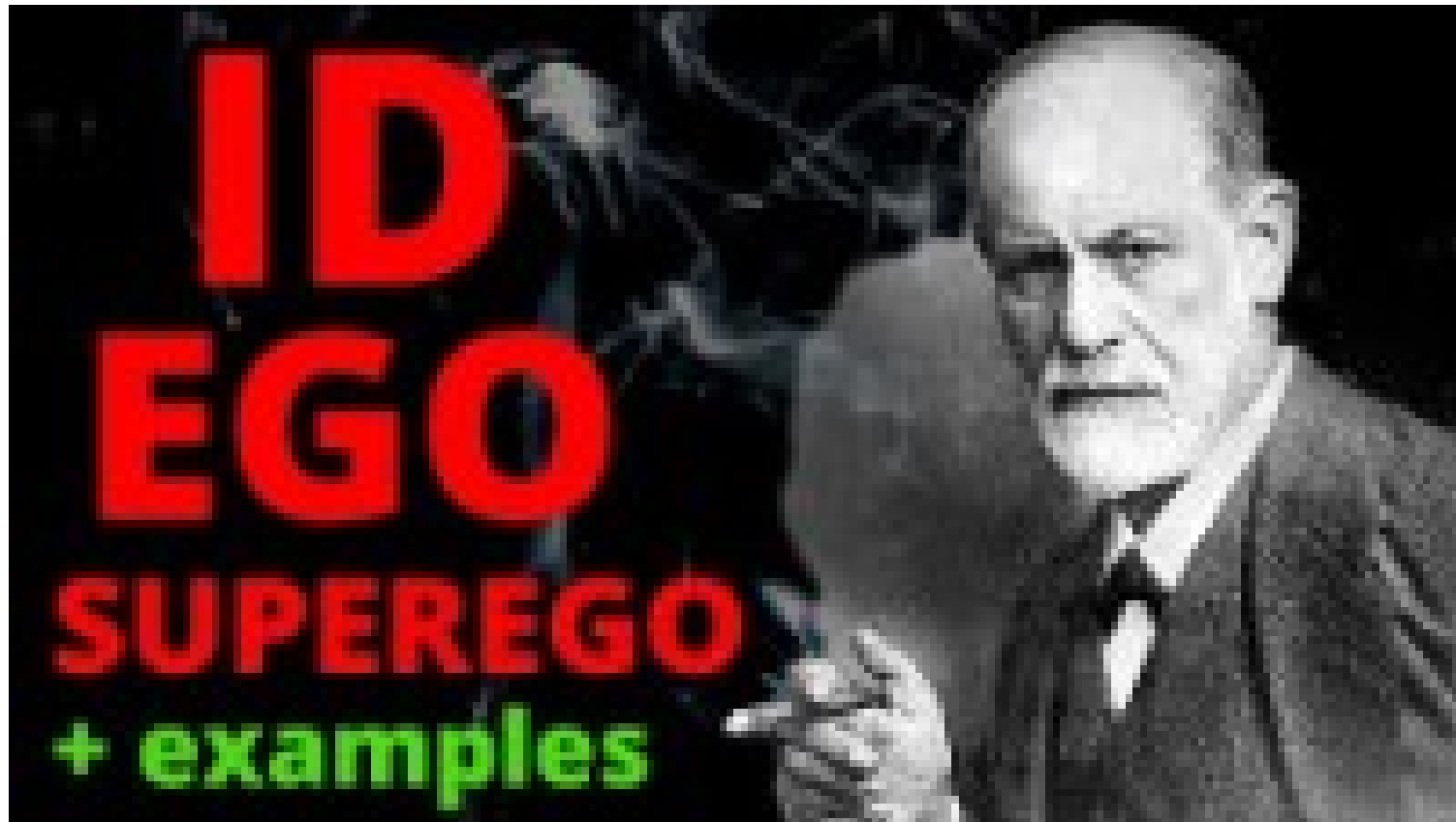
- id,
- ego, and
- superego.

These elements work together to create complex human behaviors.

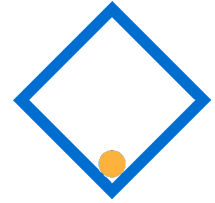
# Sigmund Freud Theory

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<https://youtu.be/KOOct-0EO5Y>



# Sigmund Freud Theory



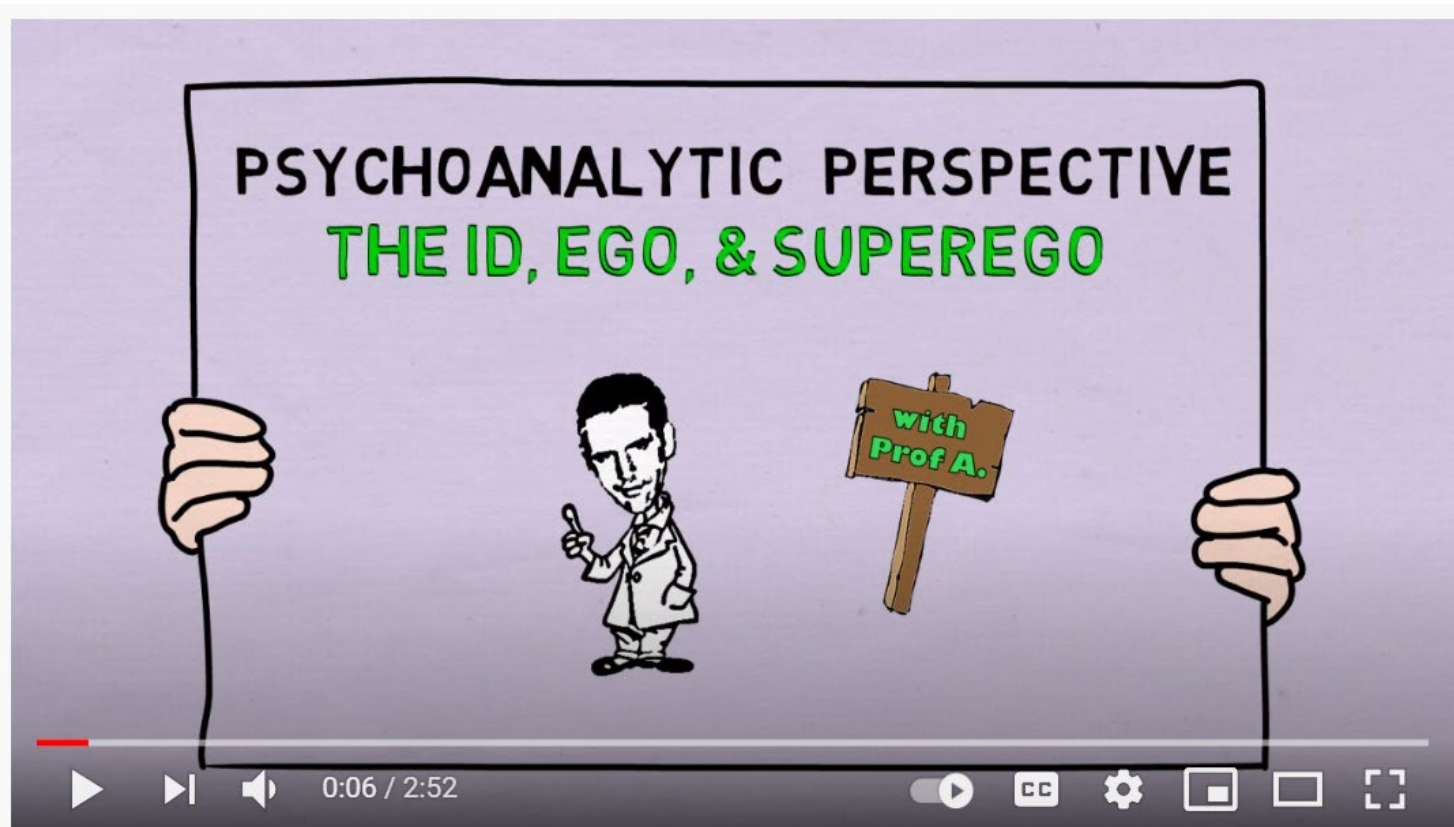
[https://youtu.be/KOOct\\_-0EO5Y](https://youtu.be/KOOct_-0EO5Y)

One of the most enduring and important ideas of Sigmund Freud

Sigmund Freud: Id, Ego & Superego (examples)

# Psychoanalytic Perspective

<https://youtu.be/3GeYXKFRzW0>



# Discussion:

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- Sigmund Freud Theory
- Sigmund Freud Theory of Personality
- Freud's Three levels of Mind/Awareness



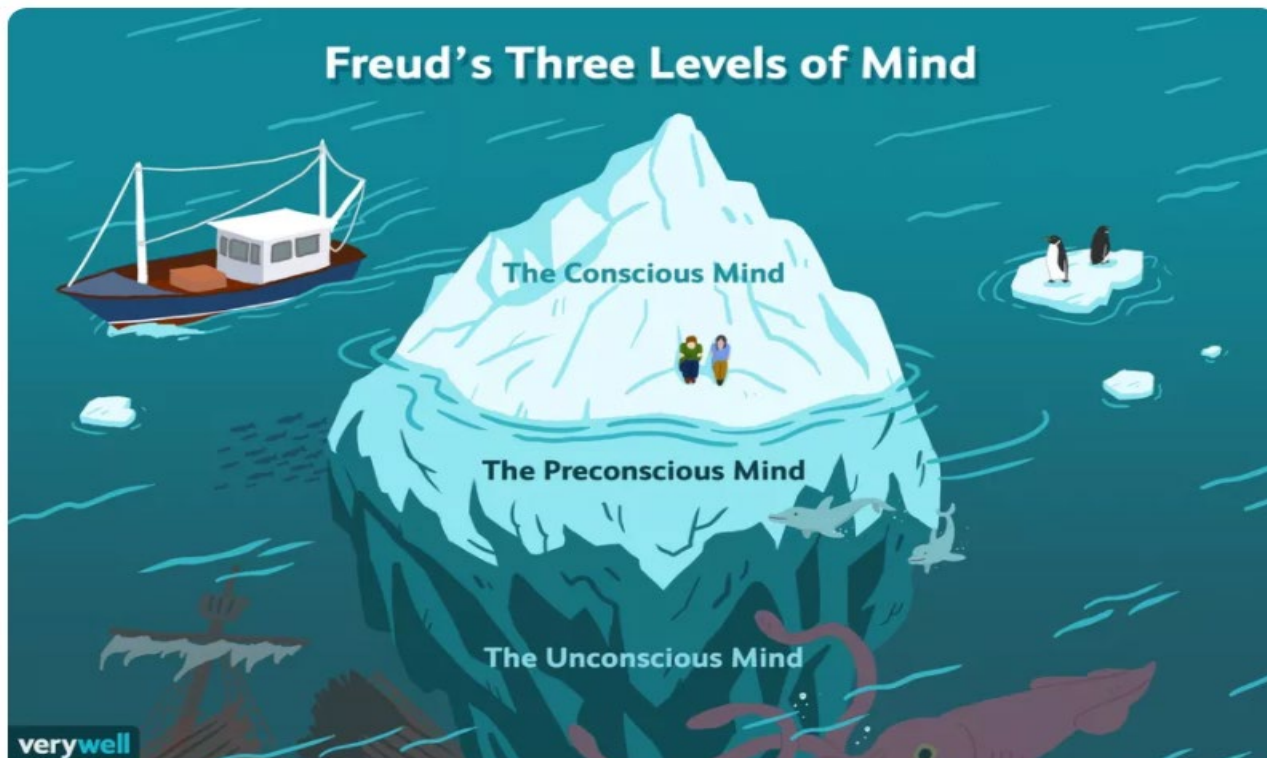
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**Break 10 min**

# Freud's Three levels of Mind/Awareness

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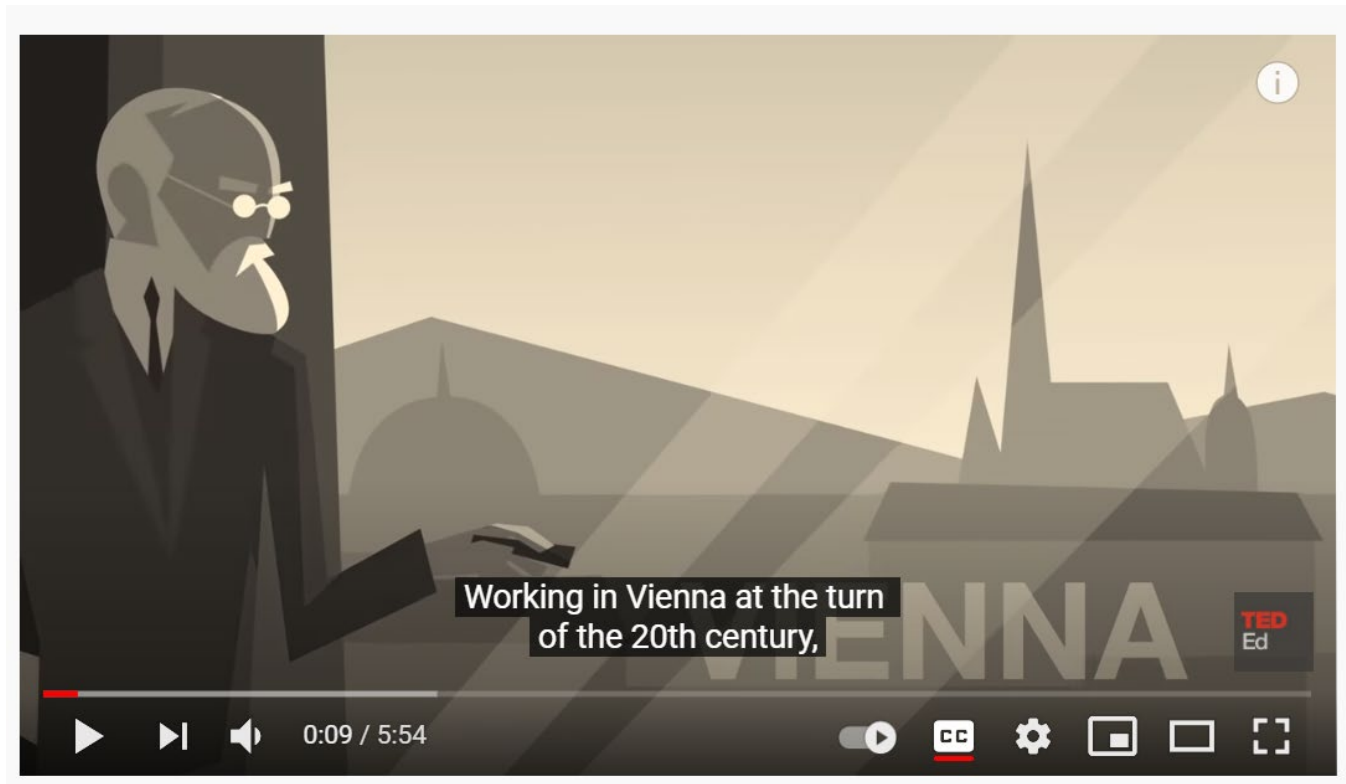
1. The Preconscious
2. Conscious, and
3. Unconscious Minds



# Sigmund Freud Theory

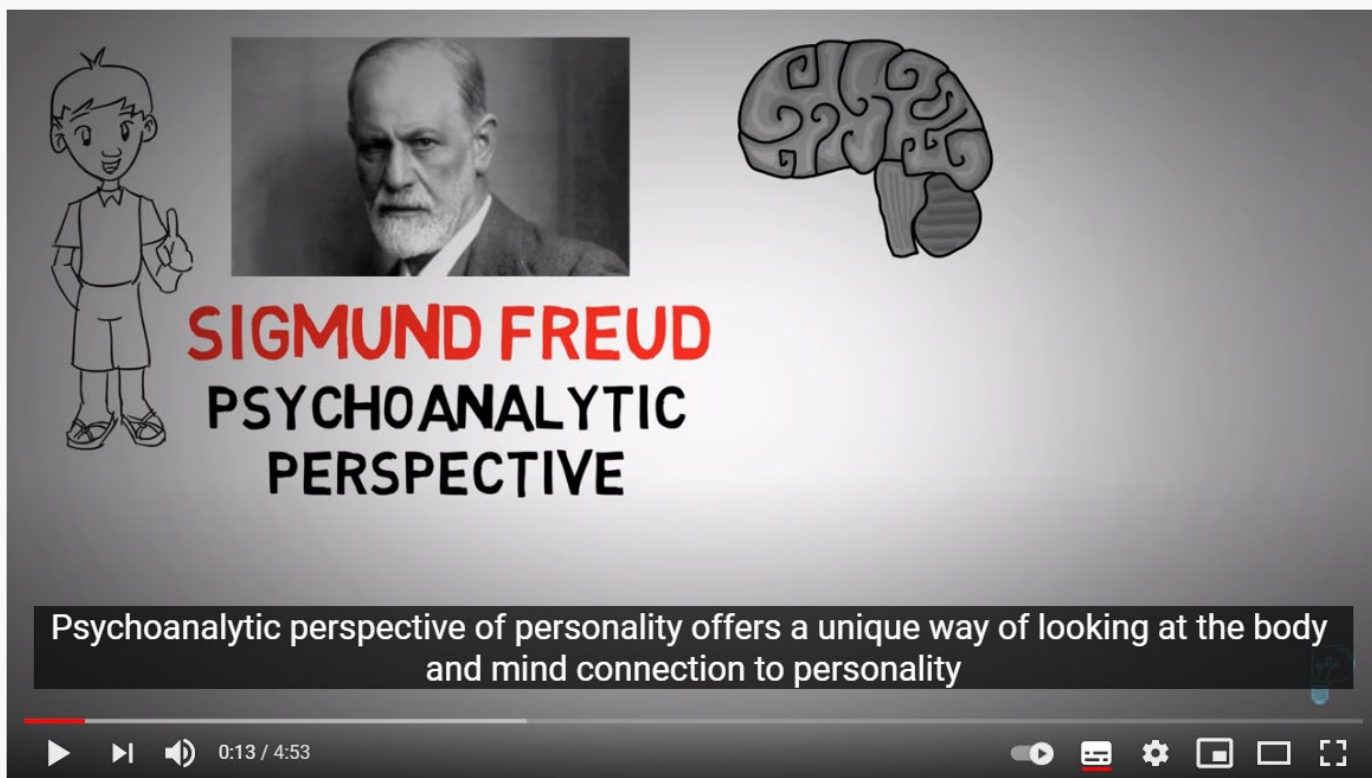
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<https://youtu.be/mKG-PEVYOR8>

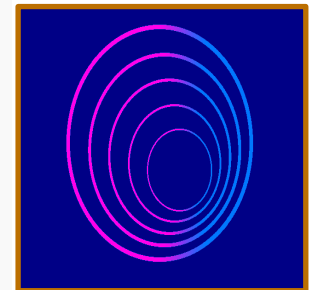


# Sigmund Freud: Theory of Personality

<https://youtu.be/V73hdaSTzWg>



The image shows a YouTube video player interface. The video title is "Psychoanalytic Theory - What Freud thought of Personality". The thumbnail features a cartoon boy on the left, a black and white portrait of Sigmund Freud in the center, and a stylized brain on the right. The text "SIGMUND FREUD" is written in red, and "PSYCHOANALYTIC PERSPECTIVE" is written in black below it. A subtitle at the bottom of the thumbnail reads: "Psychoanalytic perspective of personality offers a unique way of looking at the body and mind connection to personality". The video player controls at the bottom show a play button, a progress bar at 0:13 / 4:53, and various control icons.

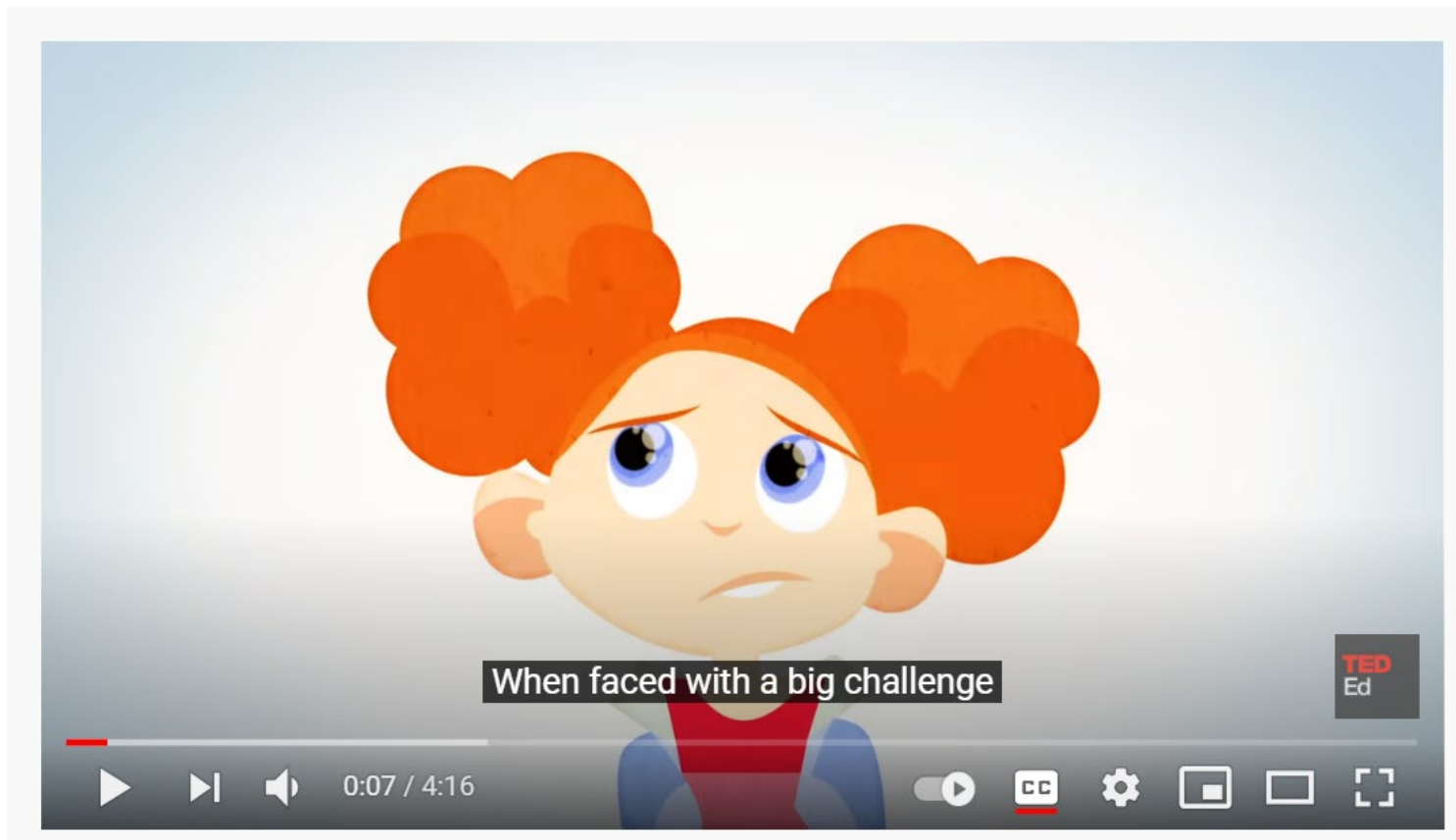


Psychoanalytic Theory - What Freud thought of Personality

# Discussion

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[https://youtu.be/l\\_NYrWqUR40](https://youtu.be/l_NYrWqUR40)



	Psychoanalytic theory	Behaviorism	Humanistic theory
Originator(s)	Sigmund Freud	B.F. Skinner, I. Pavlov	A. Maslow
Human nature	Conflict between conscious and unconscious drives	Neutral. Result of learning	Positive, evolving free will in people
Drives of behavior	Energy from within (instincts)	Reinforcement	Needs satisfaction
Methods of investigation	Single case studies, free association	Scientific observation	Case studies
Goal of therapy	To lessen the unconscious pressures	To change behavior in the desired direction	Self-actualization

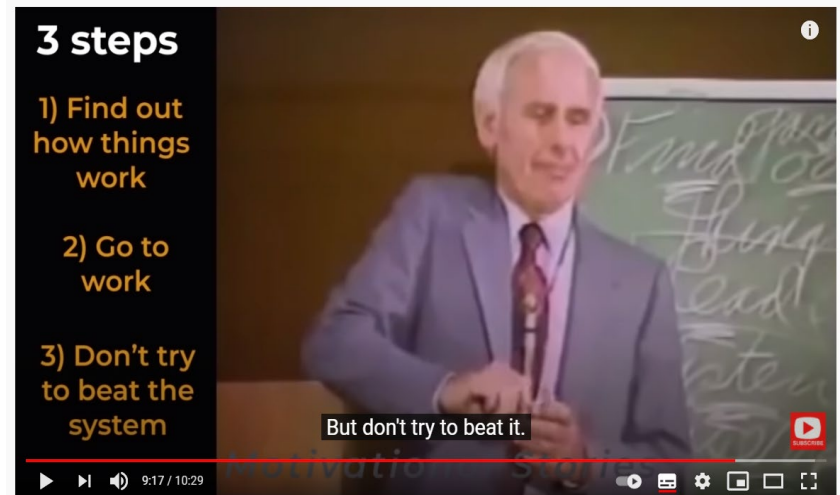
## Assignments Week 3:

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1. Answer: Quiz on  
**Sigmund Freud Theory Quiz**
2. Select: one Video on the topic of  
**Sigmund Freud Theory**  
Explain why you select this video.

# 3 Steps for a Brand New Life : Jim Rohn Speech on Personal Development

<https://youtu.be/ORIjy0WLPPs>







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# Thank You

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