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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. For example, anxiety originating from traumatic experiences in a person's past is hidden from consciousness, and may cause problems during adulthood (in the form of neuroses).

Thus, when we explain our behavior to ourselves or others (conscious mental activity), we rarely give a true account of our motivation. This is not because we are deliberately lying. While human beings are great deceivers of others; they are even more adept at self-deception.

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Freud's life work was dominated by his attempts to find ways of penetrating this often subtle and elaborate camouflage that obscures the hidden structure and processes of personality.

His lexicon has become embedded within the vocabulary of Western society. Words he introduced through his theories are now used by everyday people, such as anal (personality), libido, denial, repression, cathartic, Freudian slip, and neurotic.

## The Case of Anna O

The case of Anna O (real name Bertha Pappenheim) marked a turning point in the career of a young Viennese neuropathologist by the name of Sigmund Freud. It even went on to influence the future direction of psychology as a whole.

Anna O. suffered from hysteria, a condition in which the patient exhibits physical symptoms (e.g., paralysis, convulsions, hallucinations, loss of speech) without an apparent physical cause. Her doctor (and Freud's teacher) Josef Breuer succeeded in treating Anna by helping her to recall forgotten memories of traumatic events.



During discussions with her, it became apparent that she had developed a fear of drinking when a dog she hated drank from her glass. Her other symptoms originated when caring for her sick father.

She would not express her anxiety for her his illness but did express it later, during psychoanalysis. As soon as she had the opportunity to make these unconscious thoughts conscious her paralysis disappeared.

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Breuer discussed the case with his friend Freud. Out of these discussions came the germ of an idea that Freud was to pursue for the rest of his life. In *Studies in Hysteria* (1895) Freud proposed that physical symptoms are often the surface manifestations of deeply repressed conflicts.

However, Freud was not just advancing an explanation of a particular illness. Implicitly he was proposing a revolutionary new theory of the human psyche itself.

This theory emerged "bit by bit" as a result of Freud's clinical investigations, and it led him to propose that there were at least three levels of the mind.

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## EXERCISES:

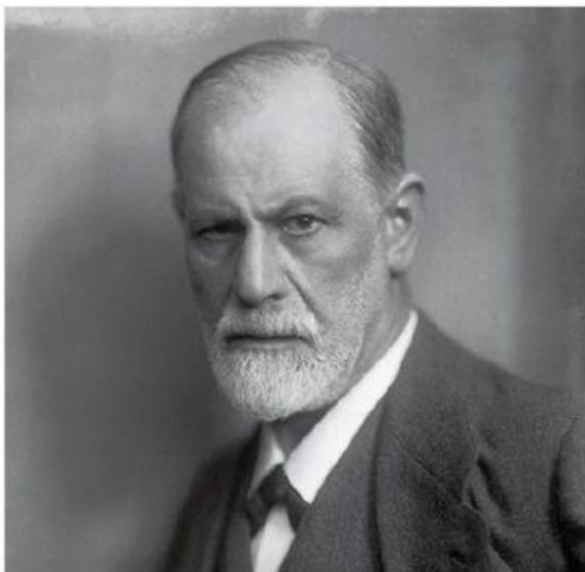
1. Jumbled words: find out the words and write them down with
2. the Hungarian meaning.

LNSLISE	_____
CNFIEULEN	_____
NSOSOCCIU	_____
LOTADOUHD	_____
LEPNAXI	_____
VBUOAEIRH	_____
EEIDECVR	_____
ELDBERLTIYAE	_____
TTATMPE	_____
EOCRBSU	_____

**2.Find ten words from the text in the word search.**

X O O Y N T E Y L D P L A C D  
V N I U O O N H I W O J A O K  
M R A E P P A S I D L S E N W  
T O K X P W C F H H E M O V Y  
R R T H A U T R U I V U A U L  
L N A P S N K K G F E H R L O  
C M A S M F M Q W Y D E M S J  
V W I V C Y L A T O U D P I T  
S O D O H D S E T X X O U O B  
N U R C W P I W G K L E R N Z  
J Z F G W X P P R O P O S E Z  
Q Y F F N Y P S Z Q R J U R Y  
X G N A E B U N K O D D E S F  
N C Y T Q R S E W E Q B Q U L  
A Z I C L S K I N J E I A Q G

**3.Match the words in the two columns to make an expression and write the letters next to the numbers on the line.**





1.	founding	a. as
2.	mental	b. from hysteria
3.	human	c. symptom
4.	self	d. event
5.	western	e. deception
6.	Freudian	f. slip
7.	loss of	g. an influence on
8.	physical	h. least
9.	traumatic	i. of drinking
10.	the rest	j. in treating
11.	bit	k. illness
12.	at	l. of the mind
13.	such	m. for her sick father
14.	level	n. of his life
15.	suffer	o. speech
16.	fear	p. father
17.	have	q. being
18.	out	r. by bit
19.	succeed	s. of
20.	care	t. society

**4. Who was Sigmund Freud?.....**

**What is psychoanalysis?.....**

**What did Freud believe?.....**

**Why don't we give true account of our motivation, when we explain our behaviour to ourselves or others?.....**

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**What was Freud's life work dominated by?.....**

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**What words did he introduce into the vocabulary of western societies?.....**

**Who was Anna O?.....**

**Who was Josef Breuer?.....**

**How did they succeed in treating Anna?.....**

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**Where did her symptoms originate from?.....**

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**What happened when she could express her anxiety?.....**

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**When could she express it?.....**

**What are the physical symptoms according to Freud?.....**

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**What was his revolutionary new theory of the human psyche?.....**

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