

How does the
unconscious mind
influence our
behaviour?



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Summary

Of

Topics Covered

What is the Unconscious Mind?

How do the Id, Ego, and SuperEgo relate to the
Unconscious Mind?

Cultural and Social influences on the
Unconscious Mind

Defence Mechanisms, and the Unconscious Mind

Can we change our own Unconscious Mind?

What is the Unconscious Mind?

DEFINED AS:

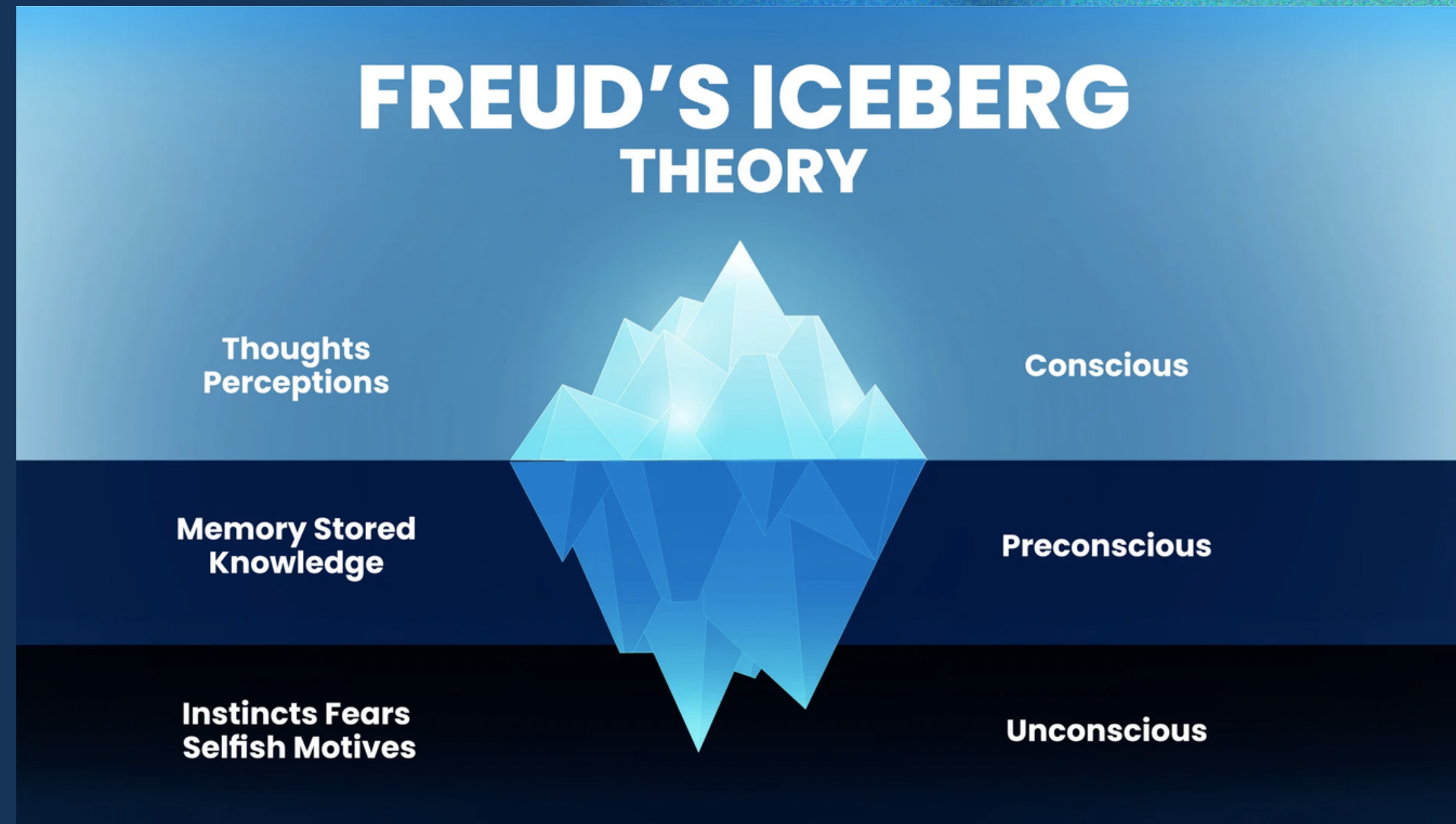
The unconscious mind is the automatic mental processes that occur without conscious awareness.

These processes influence our thoughts and behaviours, even though we can't see, or control them.



Freud's Definition

In Freudian psychology, the unconscious mind refers to the part of the mind that contains repressed memories, desires, and unresolved conflicts that influence behaviour and mental processes outside of conscious awareness. It is believed to play a significant role in shaping motivations, dreams, slips of the tongue, and symptoms of psychological disorders.



How do the Id, Ego, and SuperEgo relate to this?

The Id tries to convince you to do what would give you the most immediate gratification, while the superego tries to convince you to follow your morals.

The two that operate in the unconscious mind are the Id, and the SuperEgo.

The Id is your primal instinct that wants to do whatever would give the most immediate gratification.

The SuperEgo on the other hand, is where our morals, and values belong. it operates in both the unconscious, and conscious mind, but primarily unconscious.



Cultural and Social Influences On the Unconscious Mind

Cultural and social influences play a large role in shaping the unconscious mind and influencing our behaviour. Cultural norms, and values contribute to the formation of unconscious biases, beliefs, and attitudes. These factors all play into the bigger picture, and impact how the unconscious mind thinks.



Collectivist vs. Individualist Unconscious Mind



COLLECTIVIST

- The unconscious mind prioritizes social connection.
- Conformity is more common.
- Group well-being is the goal.

INDIVIDUALIST

- The unconscious mind prioritizes personal freedom.
- Individual needs and goals are emphasized.
- Independence is valued.

Defence Mechanisms and the Unconscious Mind

-As we know, defence mechanisms are a strategy used by the unconscious mind in order to prevent anxiety, stress, or threatening thoughts.

-This influences our behaviour by getting us to act in irrational ways to mitigate the damage of things the unconscious mind doesn't like



Example -Projection

Projecting our own undesirable thoughts, or feelings onto others, we are able to convince ourselves that the person we are projecting those feelings onto is the one with issues while we are "normal".

for example-

A man who cheats on his wife may accuse her of cheating in hopes of removing some guilt and accountability



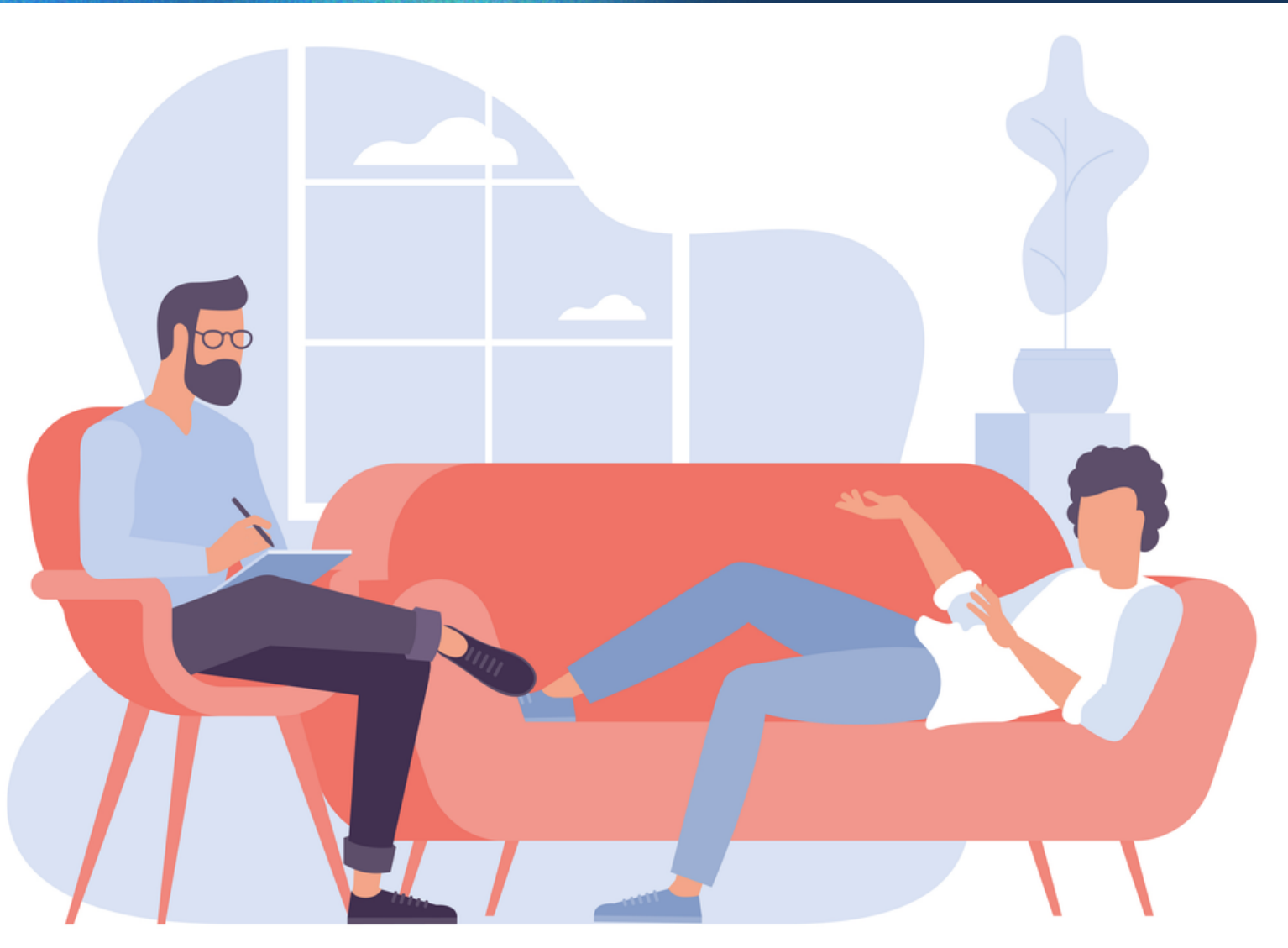
Can we change how our Unconscious Mind thinks?

The science behind the unconscious mind is an ongoing advancement. That being said it is proven that there are multiple different techniques that can be used to alter the way your unconscious mind thinks.



How?

How can you change the way your
Unconscious Mind thinks?



cognitive-behavioral therapy,
interpersonal therapy, and
mindfulness-based techniques, help
with positive emotional changes.

With the help of trained
professionals, these approaches
promote individuals to challenge
negativity and increase positivity
for improved mental well-being.

Summary

In conclusion, the unconscious mind is made up based on many factors. that we cannot control; that being said we can do things in order to alter the way that it operates.

It is because of this that our unconscious mind makes such a significant impact on the way we behave, even if we do not realize it.

Our cultural influences, such as values, beliefs, and traditions, have a significant impact on the unconscious mind. Similarly, social influences such as social norms, expectations, and interactions leave a lasting imprint on our unconscious.



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