

English  
Mrs. Pomi

## Study Guide: Jungian Terms and Archetypes

### TERMS

**Persona:** Over time, man develops a mask or stance. It is what one thinks society expects of him. The way one presents himself to the world is a result of this persona. The persona reflects the characteristic roles we individually adopt in relating to others.

**Shadow:** The aspect of the Self (see definition below) which remains unconscious because it is repressed by the ego. The shadow is the darker side of the personality. Never will it be shown consciously. The shadow should never be out of balance with the ego or persona.

**Ego:** The ego is the part of the personality that one consciously recognizes as “I” or “me”. It is developed after birth. The ego should always remain in balance with the Self.

**Self:** The Self is the psychic center of man. The entire archetypal system of the unconscious, the heart of the personality, and man’s ego make up the Self. Jung defines, “the Self is not only the centre but also the whole circumference which embraces both conscious and unconscious; it is the centre of this totality, just as the ego is the centre of the conscious mind”. The Self is synonymous with the psyche or soul of a person.

**Anima:** The Anima is the feminine side of the personality. It is nurturing, loving, emotional, sensitive and vulnerable. There should be a balance between the Anima and Animus.

**Animus:** The Animus is the masculine side of the personality. It is aggressive, dominating, determined, cool thinking and sound in judgment. There should be a balance between the Anima and Animus.

**Archetype:** All human beings share a collective unconscious. Inside all human beings there are certain patterns of behavior. These patterns are elements in the personality which are innate and universal. Universal archetypes are the symbols that every child has the potential to create, regardless of race, creed or culture. Archetypes are aspects of the human personality and are frequently found in literature and myth.

## THE ARCHETYPES

**Wise Old Man:** The Wise Old Man is concerned with meanings and ideas rather than the actions and personalities of others,. He is a scholar, teacher, sage and philosopher.

**Seductress:** The Seductress, often referred to as the Bitch Goddess, is usually represented as a female who is beautiful, sensuous, manipulative and destructive.

**Mother:** This archetype is nurturing, life giving, creative and loving. She is known as the Great Mother and also as Mother Earth.

**Child:** The child is vulnerable, innocent and needs protection from the mother archetype.

**Trickster:** The trickster is often a hero who uses cunning, manipulation and deceit to reach his goal.

**Shadow:** This archetype exhibits characteristics that are considered uncivilized. He or she is often antagonistic and attempts to hinder the hero in his journey.

**Anima:** This archetype is dominated by the feminine characteristics of the anima, and consequently represses the masculine characteristics of the Animus.

**Animus:** This archetype is dominated by the masculine characteristics of the Animus, and consequently represses the feminine characteristics of the Anima.

**The Archetypal Hero:** The Archetypal Hero goes on a physical or emotional journey. While on that journey, he or she overcomes obstacles. Once he reaches the end of the journey, he or she will change. The change can be physical or emotional. The struggle or quest symbolizes the merging or balancing of the ego and Self. There are different types of heroic journeys that are listed on the following page.

## The Archetypal Hero

- **Savior:** The Savior is a hero who suffers for the benefit of his people. Oftentimes, the archetypal hero makes a sacrifice for the betterment of theories. That single quality will make him a savior.
- **The Archetype of Initiation:** The archetype of initiation is re-evoked every time one passes from one stage of the life-cycle to the next. Through the medium of a rite of passage, the hero overcomes obstacles and changes. The hero must complete four stages to complete his or her initiation. He or she must:
  - be sequestered in fearful seclusion,
  - have a revelation of a sacred being,
  - travel to sacred grounds, and
  - be scarred.
- **The Archetype of the Inflated Ego:** The hero who commits hubris (the Greek sin of excessive pride) goes through the heroic cycle of the inflated ego. When one commits hubris, the ego inflates and attempts to dominate the Self. In mythology and literature, the hero is the metaphor for the ego, and the god is a metaphor for the Self. Upon inflation, the Self, or god, punishes the ego, or hero, by isolating him. He then will seek forgiveness by paying a penance. He completes a series of tasks to prove he has learned from his mistake. Then, the hero is forgiven and changes from his experience as he realizes his wrong. See below:



