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Paper - Psychopathology

Topic - Topographical Aspects of Mind

Freud has divided the structure of mind into three levels, i.e. Consciousness, i.e. Conscious, Preconscious or Subconscious, and Unconscious.

**Conscious:** At the conscious stage, we are aware of many things around us and of many thoughts.

**Preconscious or Subconscious:** At the preconscious stage are memories or thoughts that are easily available with a moment's reflection - e.g., what we had for lunch, or our teacher's names.

**Subconscious/Unconscious:** The unconscious covers memories, thoughts and motives which we can't easily recall. All of the id

is unconscious; the ego and superego cover material at all three stages of consciousness.

Why do some memories, thoughts and motives become unconscious? There are several answers, but one that became a centerpiece of Freud's theory is summed up in the word repression. We repress ideas, memories, thoughts or motives from consciousness, because they are especially disturbing, forbidden or otherwise unacceptable to us. The process of repression is itself unconscious and involuntary. We don't choose to repress thought or impulse - it just happens, whenever the idea or impulse is so painful and anxiety arousing that we must escape from it. In such cases, our anxiety triggers repression, and the unacceptable motives or thoughts are banished in the unconscious.

Unconscious processes also coined prominently in Freud's ideas about dreams and accidents. He observed dreams as disguised manifestations of id motives, and he described dreams as "the royal road to the unconscious."