

# Essay on life experience

Technology, Development



Anna Freud was the daughter to Sigmund Freud and so, she grew up seeing what her father did. She grew a deep attachment towards psychoanalysis as a result of experiencing it from the works of her father. Even after his death she continued to flourish in the field and became one of the greatest theorists in child psychoanalysis.

For most of his childhood and even early life, Carl Gustav Jung had a compelling feeling that he had two kinds of personalities. He was strongly convinced that he was both an extrovert and an introvert. It is this conflict in his personalities that motivated him into engaging in studying of integration and wholeness. He came up with the concepts of introvert and extrovert personalities, archetypes and the collective unconscious.

Carl Ransom Rogers developed a passion of developing a client centered angle of treating patients with psychological problems. This only came as a conviction after his experience with working with the troubled children at the Society for the Prevention of Cruelty to Children in Rochester. This influenced further to develop the theory and even wrote the book: *Counseling and Psychotherapy* (1942). He pushed for development of a relationship between a counselor and a client.

Alfred Adler was born a particularly weak and an ailing child. Throughout his childhood, he suffered from several serious problems that made him develop a passion of studying medicine and help other who had similar problems as his. However, he performed rather poorly at school, and the teacher showed no faith in his ability but despite the shortcomings he overcame the odds and graduated with a medical degree. It is these experiences that formed Adler's theories on personality growth. He believed

that the fundamental human compulsion is "the striving from a primary circumstances of inferiority, towards superiority."

Sigmund Freud had an irrational faith that he would die at the age of 51. After also analyzing his childhood memories, he discovered that he had developed resentment towards his father but had some special attachment and feelings towards his mother. He believed the feelings towards his mother were sexual in nature. It is these experiences that he used to develop his theories that some argued that girls have sexual attractions towards their father while boys have sexual attractions towards their mother. He also used the experience on his childhood dreams to postulate theories on dreams and even wrote a book titled: "The Interpretation of Dreams" (1899).

The development of the theories based on personal experiences was the best way. This is because one is able to make deductions and arguments out of what they have lived instead of what they have just studied. It gives people faith in it since it is seen as first hand and more realistic instead of it being just a theoretical approach.

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