Moving Toward, Away From, and Against Others...

Karen Horney M.D.
- Developed “Psychoanalytic Social Theory”
- Emphasized culture over biology
- Specialized in treating neurotic patients
- Developed extensive list of neurotic symptoms
- Developed Self-Analysis

Who is Karen Horney?
- Born September 1885
- Entered medical school in Freiberg, Germany, in 1906
  - One of the earliest women to attend medical school in Germany
- Married 1909 (Divorced 1938)
- Completed medical studies University of Berlin 1913
- Died December 4, 1952

Some similarities and differences
- It is what a person experiences socially that determines if he or she will have psychological problems
- Like Freud, Horney stressed the importance of early childhood experiences
- Like Freud, Horney believed unconscious motivation to be very important
- Like Adler, Horney believed the child starts life with a feeling of helplessness

Motives
- Two basic childhood needs: Safety and satisfaction
- Safety Needs
  - Security and freedom from fear
  - The satisfaction of the safety needs is the most important for healthy personality development!
- Satisfaction
  - Need for food, water, sleep
  - If the child's needs for safety and satisfaction are met, the child will probably develop normally.

Basic evil, hostility, and anxiety
- Why would a child's safety and satisfaction needs not be satisfied?
  - Basic evil: Parental undermining of child's security (real or perceived)
    - For example:
      - Indifference or rejection or hostility toward the child
      - Unkept promises to the child
      - Ridicule of the child, humiliation, unfair punishment,
      - Obvious preference for other sibling, isolation from others
  - Consequently, the (abused) child who experiences the basic evil develops basic hostility
  - Hostility must be repressed because child needs parents (helplessness)
Basic evil, hostility, and anxiety

**Basic anxiety**: The generalization of basic hostility to the world
- Convinced that everything and everyone is potentially dangerous
- A child with basic anxiety is well on the way to becoming a neurotic
- The neurotic will concentrate on just one of many needs to the exclusion of other important needs
- Note: both normal and neurotic people have needs, for example a need for affection and approval, a need for power, etc.

Horney identified ten patterns of (neurotic) needs and then organized them into three categories, each with its own coping strategy.

Adjustments to basic anxiety

A. Ten strategies for coping with basic anxiety (neurotic trends)
1. Need for affection and approval
2. Need for a partner who will run one’s life
3. Need to live one’s life within narrow limits
4. Need for power
5. Need to exploit others
6. Need for social recognition and prestige
7. Need for personal admiration
8. Need for ambition and personal achievement
9. Need for self-sufficiency and independence
10. Need for perfection and unassailability

Categories of behaviors and attitudes that express needs

1. Moving toward people (the compliant personality type)
2. Moving against people (the hostile personality type)
3. Moving away from people (the detached personality type)

The compliant personality

- Move toward others
- Intense need for affection and approval
- Urge to be loved, wanted
- Manipulate others to achieve goals
- Think of self as helpless
- Need for partner who will run one’s life
- Suppress desires to control, exploit others
- Lives one’s life within narrow limits

The aggressive or hostile personality

- Move against people
- Situations viewed as “what can I get out of it”?
- Survival of the fittest
- See self as superior
- Need for power
- Need to exploit others
- Ambition and Achievement Driven to succeed to compensate for feelings of insecurity, anxiety
The Detached Personality
- Move away from others
- Strive to become self-sufficient
- Need for perfection
- Desire for privacy
- Maintain emotional distance

Neurotic
- Lopsided personality development as 1 strategy usually dominates (other 2 may be present to lesser degree)
- Core of neurosis
- Experience very intense conflict
- Normal
- Has much more flexibility
- Tend to move toward, move against, and move away from people in appropriate and balance ways

The Three Neurotic Personality Styles of Karen Horney

If I give in, I shall not be hurt
If I have power, no one can hurt me
If I withdraw, nothing can hurt me

Compliant
- sweet, self-sacrificing, saintly
- powerful, recognized, a winner
- independent, aloof, perfect

Aggressive
- If I withdraw, nothing can hurt me
- If I give in, I shall not be hurt
- If I have power, no one can hurt me

Detached
- Has much more flexibility
- Tend to move toward, move against, and move away from people in appropriate and balance ways

The Three Neurotic Personality Styles of Karen Horney

The Three Neurotic Personality Styles of Karen Horney

If I give in, I shall not be hurt
If I have power, no one can hurt me
If I withdraw, nothing can hurt me

Compliant
- sweet, self-sacrificing, saintly
- powerful, recognized, a winner
- independent, aloof, perfect

Aggressive
- If I withdraw, nothing can hurt me
- If I give in, I shall not be hurt
- If I have power, no one can hurt me

Detached
- Has much more flexibility
- Tend to move toward, move against, and move away from people in appropriate and balance ways

Each person is born with a healthy real self
- Intrinsic motivation (a force) to grow toward “Self Realization”
- SR is the experience of truthfulness, productivity, and harmonious relationships with fellow humans
- If people live in accordance with their real selves they are on the road to self-realization!
- They will develop into a normal, flexible adult.

Real and Idealized Self

1. Normal people live in accordance with the real self
   - Real self is built on flexible, realistic assessment of one’s abilities
   - Remember - living this way leads to self-realization

2. Neurotic people do not live in accordance with the real self
   - The real self is perceived as lowly and despicable. Why?
   - Basic evil leads to creation of the idealized self
   - Inflexible, unrealistic self appraisal
   - Problems result when the real self is replaced by the idealized self as a guide for living.
   - Life is governed by the tyranny of the should
REAL AND IDEALIZED SELF

- Tyranny of the should (life directed by unrealistic self-image)
  - Used by neurotics to attain the idealized self
  - Deny true self and behave in terms of what we think we should be doing

WHAT IS EXTERNALIZATION?

- Internal processes experienced as if they are outside the self (a process of self-elimination)
  - See causes of bad things as outside themselves
  - See causes of good things as outside themselves
  - Reduce conflict caused by discrepancy between ideal self and actual self
  - Related to projection but more general
  - Leads to overvaluing and dependency on external factors

Wait there is more to artificial harmony than externalizing.....

 AUXILIARY APPROACHES TO ARTIFICIAL HARMONY

A. Living according to idealized self-image leads to series of lies
B. Seven unconscious devices used by neurotics
  1. Blind spots (ignoring factors not in accordance with idealized self) Which am does this remind you?
  2. Compartmentalization (situational rules and ethics)
  3. Rationalization (logical, plausible justifications, and excuses)
  4. Excessive self-control (controlling expression of emotion)
  5. Arbitrary rightness (rigid dogmatism)
  6. Elusiveness (indecision and lack of commitment)
  7. Cynicism (failure to believe in anything)

CONCEPT CHECK

Belle views herself as being extremely intelligent and overlooks several instances when people have said that she has the brains of a seedpod. This is an example of?

- Blind spots (ignoring factors not in accordance with idealized self)
- Compartmentalization (situational rules and ethics)
- Rationalization (logical, plausible justifications, and excuses)
- Excessive self-control (controlling expression of emotion)
- Arbitrary rightness (rigid dogmatism)
- Elusiveness (indecision and lack of commitment)
- Cynicism (failure to believe in anything)

FEMININE PSYCHOLOGY

- Early agreement with Freud, but later emphasized cultural factors
  - For example, she contented that a source of trouble in marriage was the remnants of the male and female oedipal complexes
  - The incest prohibitions interfered with long lasting positive sexual relationships within marriage
  - She advised to increase the probability of marriage lasting, marry someone as different from your parent of the opposite sex as possible

- Womb envy (early writings)
  - Men envy the capacity for female motherhood
  - Resent that they are expected to perform during sexual intercourse
  - Have deeply hidden anxiety about the size of their penises

- Horney and penis envy
  - Later, refuted Freud's idea of penis envy
  - Women feel inferior due to cultural inferiority
  - Women do not want to be more masculine!
  - What women want is independence, to freely participate in their culture and to have the same privileges as men
  - Women envy men's cultural power and mobility not their penis. "Power envy?"

- Revised psychoanalysis to include psychological conflicts found in the traditional ideal of womanhood and women's roles
  - Rejected all versions of anatomy is destiny and instead accepted the cultural determination of personality
PSYCHOThERAPY

Techniques: Borrowed from Freud
- Case study, free association, dream analysis, instances of transference

Purpose of techniques
- Used to discover which adjustment strategy a patient was using
- Greater interest in transference as clue to adjustment strategy
  - Hostile - attempts to dominate therapist
  - Detached - waits for therapist to provide 'cure'
  - Compliant - uses pain and suffering to gain sympathy and help

Purpose of techniques
- Used to discover which adjustment strategy a patient was using
- Greater interest in transference as clue to adjustment strategy
  - Hostile - attempts to dominate therapist
  - Detached - waits for therapist to provide 'cure'
  - Compliant - uses pain and suffering to gain sympathy and help

GOALS OF PSYCHOThERAPY

Bring patient back to real self
- Guide patients toward self-realization
  - Responsibility
    - Making decisions and accepting consequences of those decisions
    - Recognizing obligations to other people
  - Inner dependence
    - Living in accord with one’s own values
    - Respecting the right of others to do the same
  - Spontaneity of feelings
    - Able to honestly experience one’s own love, hate, happiness, sadness, fear, or desire
  - Wholeheartedness
    - To be without pretense, emotionally sincere
    - To put the whole of one’s self into one’s feelings, work, beliefs

PSYCHOThERAPY

Major Tasks for Patients
- Being completely honest
- Understanding unconscious influences in one’s life
- Changing one’s disruptive ‘attitudes’ (compliant, hostile, detached)

Obstacles
- Externalization is a major obstacle to effective therapy

Self-analysis

Essential to become an effective therapist
- Believe some people can be successful with self analysis
  - Free association, transference, and the overcoming of resistances still very important in self analysis!

KAREN Horney was optimistic

Concerning one’s ability to change one’s personality

Discussion
FOR MORE INFORMATION

- The International Karen Horney Society  
  [http://plaza.ufl.edu/bjparis/](http://plaza.ufl.edu/bjparis/)