

# Conversation

PERSONAL DEVELOPMENT AND JUNG

## Part 1

1. How well do you know yourself?
2. Are you familiar with any techniques to learn more about oneself?  
EG: feedback, 360 review, therapy, coaching, mindfulness etc?
3. How important is it for you to understand your emotions, behaviours and reactions?

## Part 2

1. Tell us about a person you know that - in your opinion - has a very high level of self-awareness (they know themselves very well). Are there any traits you admire in particular?
2. What are you already doing that makes you a bit like them?
3. What could you do to be more like them?

## Part 3

1. In what ways do you believe recognising and comprehending your own archetypes could affect your behaviour and interpersonal relationships?
2. Carl Jung posited that acknowledging and integrating our shadow self is crucial for personal growth. Can you recall an instance where realising aspects of your shadow side aided in deepening your self-awareness?
3. Synchronicity involves meaningful coincidences that appear in our lives. Could you share an experience of synchronicity, and what significance did it hold for you personally?

# Vocabulary

1. **Archetypes:** Universal, instinctive patterns and images that exist in the collective unconscious. They are psychic blueprints of our most basic human experiences and emotions.
2. **Collective Unconscious:** A part of the unconscious mind that is shared among beings of the same species and contains archetypes.
3. **Persona:** The social face the individual presents to the world—a "mask" designed to make a certain impression on others while concealing the true nature of the individual.
4. **Shadow:** The part of the unconscious mind consisting of repressed weaknesses, shortcomings, and instincts. It is often considered the darker side of the psyche, representing wildness, chaos, and the unknown.

# Vocabulary

1. **Anima/Animus:** The archetype of the opposite gender in each person. The 'anima' represents the feminine aspects of a male psyche, and the 'animus' represents the masculine aspects of a female psyche.
2. **Self:** The central archetype in Jungian psychology and represents the unification of the unconsciousness and consciousness of an individual.
3. **Individuation:** The process of a person integrating their unconscious with their conscious mind, thus becoming a whole person. It is the psychological process of integrating the opposites, including the conscious with the unconscious while still maintaining their relative autonomy.
4. **Synchronicity:** The experience of two or more events that are apparently causally unrelated occurring together in a meaningful manner.
5. **Psyche:** The totality of all psychological processes, both conscious and unconscious.
6. **Complex:** A core pattern of emotions, memories, perceptions, and wishes in the personal unconscious organized around a common theme