

KAREN HORNEY

My Life

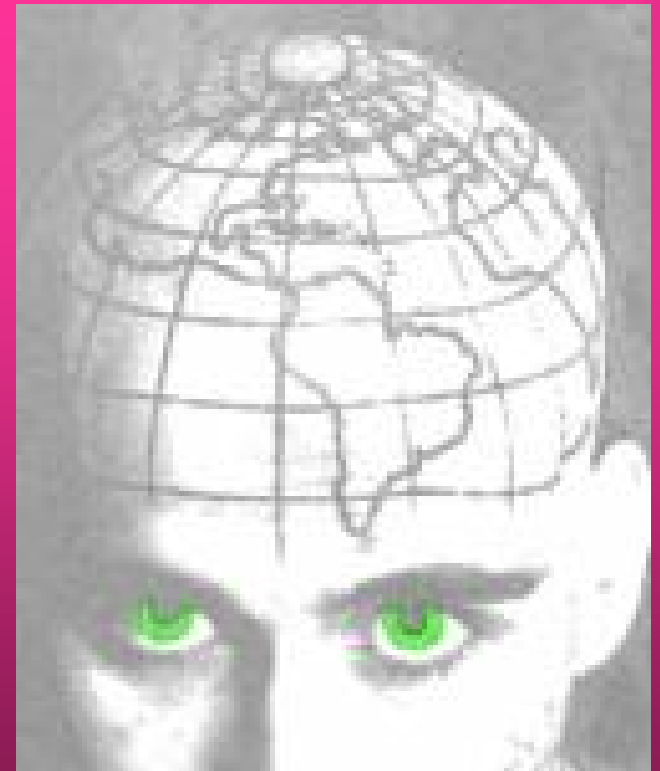
The Early Years

- Born Sept. 16, 1885
- Berndt Wackels Danielson (Father): Ship Captain
- Clotilde Danielson (Mother): Close to Karen
- 1 brother and 4 siblings from her fathers earlier marriage.
- "If I couldn't be pretty, I decided I would be smart."
- Suffered depression: (rejected by brother, mother and brother died, controlling husband, thoughts of suicide).



Neurosis

- Neurosis: A mental or emotional disorder that does not involve psychotic symptoms (such as hallucinations)
- Parental Indifference: A lack of warmth and affection in childhood
- Basic Hostility: the first reaction to parental indifference... anger.
- Basic Anxiety: A matter of fear, helplessness and abandonment in children.



10 Neurotic Needs

Compliance

- 1) To be liked by others
- 2) Need for a partner (To take over life).
- 3) Little stress (When things get tough we need a comfort).

Aggression

- 4) Power over others
- 5) Exploit others (Embarrass others before you get embarrassed).
- 6) Social recognition... “cool”.
- 7) Personal admiration (Talking about your importance).
- 8) Personal achievement (Must be #1)

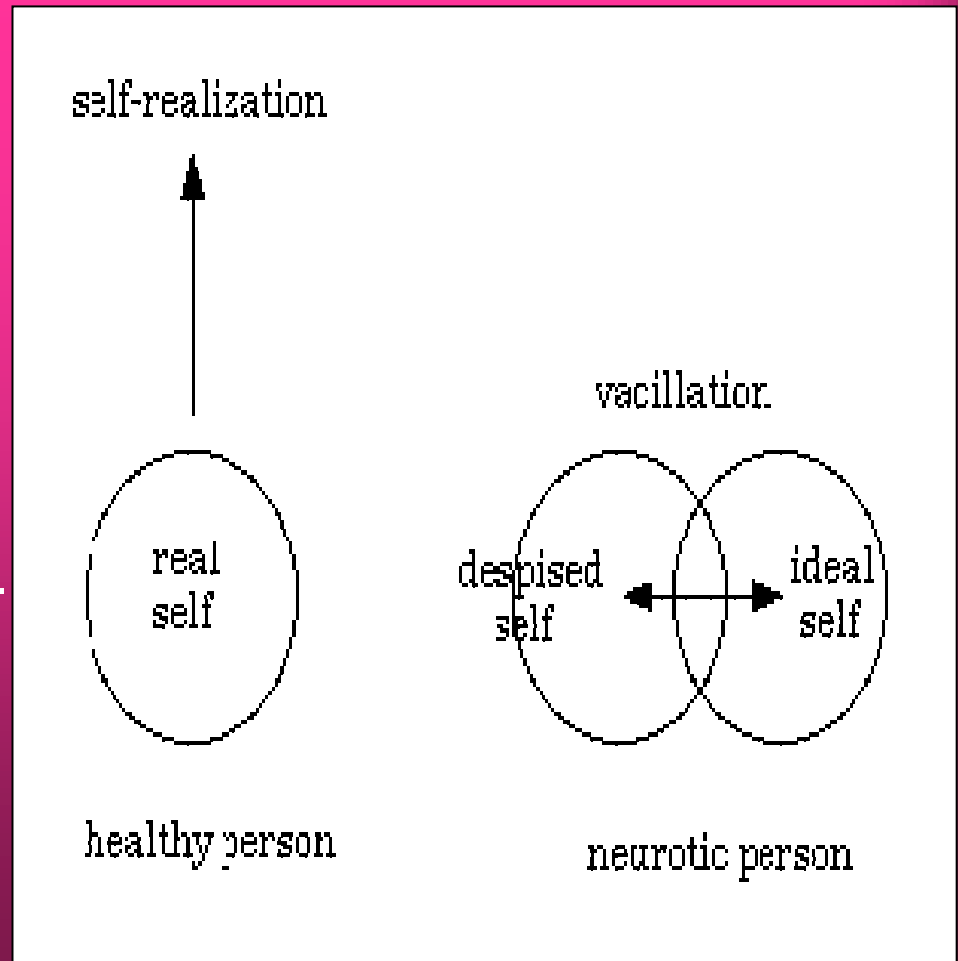
Withdrawal

- 9) Independent (Alone at times.)
- 10) Perfection



Self Theory

- Self: Is the core of your being
- Self realization: A healthy person who knows who they are.
- Despised self: When you think others see you in a negative way.
- Ideal self: The person you want to be but can't ever be. (perfect).
- Vacillation: Swinging from one side to another
- Neurotic person: Suffers from a mental or emotional disorder. (Not understanding self).



Challenging Freud

Freud's Theory:

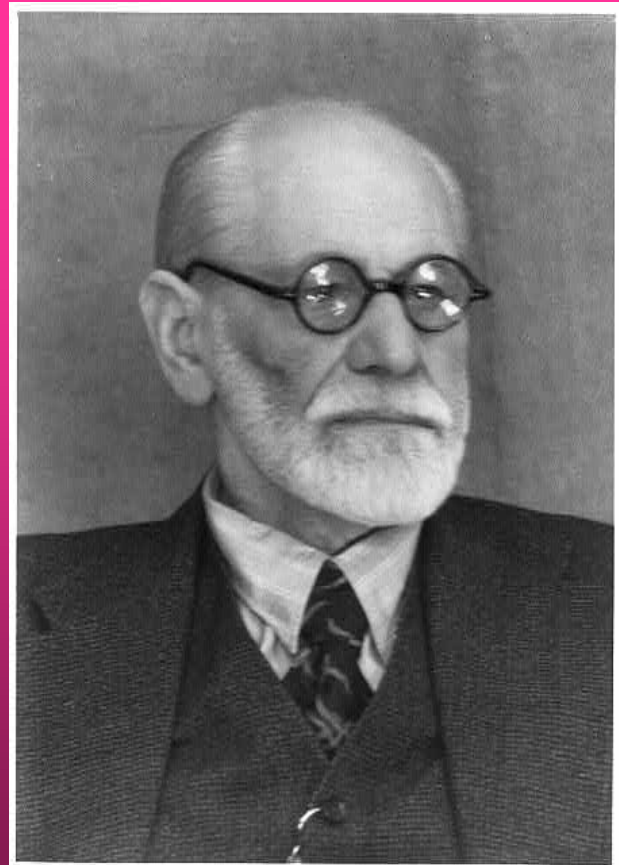
- Girls go through a stage of “penis envy”.

Horney's Thought:

- Did not agree that girls wanted a penis but rather wanted the “power” which the penis represented.

TAKING IT A STEP FURTHER

- Womb envy: Men envy the fact women can bear children.
- Leads to their want for success. (Having their name live on).



How did she Benefit Psychology?

- Karen Horney wrote one of the first “self-help” books of her time. “Self-Analysis.”
- Self theory
- Thoughts on Neurosis

