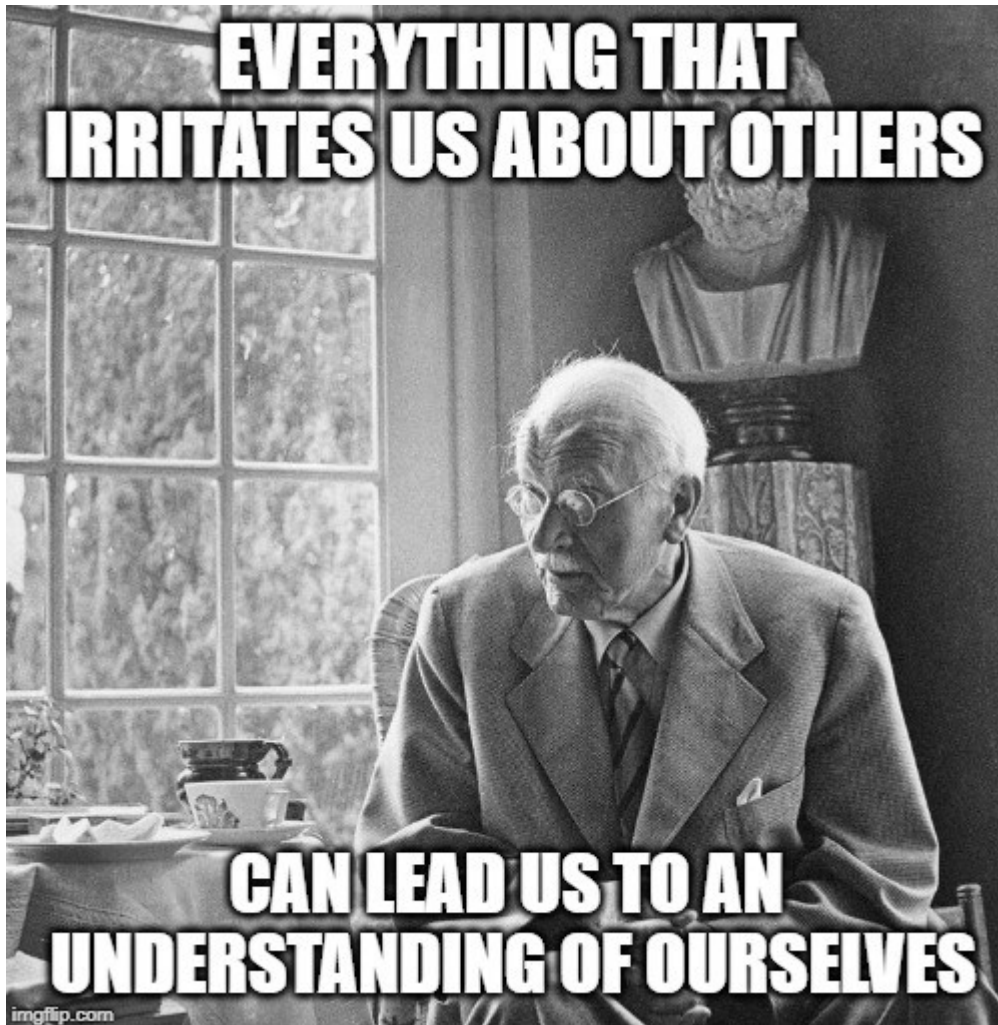


Meme Project: Carl Jung

Your Name Here



Carl Jung, photograph. Bettmann Archive. Retrieved from

<https://www.thoughtco.com/biography-of-carl-jung-4164462>

Jung, C. (1962). *Memories, Dreams, Reflections*. Retrieved from

[https://archive.org/stream/MemoriesDreamsReflectionsCarlJung/Memories,%20Dreams,
%20Reflections%20-%20Carl%20Jung_djvu.txt](https://archive.org/stream/MemoriesDreamsReflectionsCarlJung/Memories,%20Dreams,%20Reflections%20-%20Carl%20Jung_djvu.txt)

I initially thought that, in this quote, Jung was speaking on the individual level, but once I found the original source and read the surrounding material, I found that he was speaking on a cultural level. Specifically, he was discussing the process of understanding one's own nationality. He said that it was necessary to "acquire sufficient knowledge of the foreign collective psyche" in order to view one's own country from another's perspective (Jung 1962). This qualifies as social psychology because it deals with an individual's internal process of understanding culture. The concept of cultural relativism is indispensable to modern psychology (as well as sociology and anthropology.) Among other things, it has helped us examine our own studies and tests for cultural biases and understand the experience of being a member of a marginalized outgroup, such as LGBT or minority races.

What brought me to psychology in the first place was chiefly my interest in dreams and personality, so I had looked into Jung a little before coming to college. I was mainly familiar with his eight cognitive functions (as they related to the Myers-Briggs Personality Type indicator—embarrassing to admit) and his twelve archetypes. I liked his idea about the collective unconscious, and I still do, although I think that similarities in humans' symbolic thinking is due to nothing more than a) living in the same world and b) having similar brain structures, which cause us to process our experiences in similar ways, such as dreams with symbols which can often mean the same thing to different people (e.g., teeth falling out). In other words, I'm not one of those people who thinks that we all share some kind of telepathic connection. (I know Jung didn't assert this either, but many people who appropriated his idea of the collective unconscious seem to.) However, I do believe that our dreams use symbols to represent situations on a metaphorical level, helping us find creative solutions.

I chose this quote because I initially thought it was about the phenomenon in which the qualities we hate the most in others are qualities that bother us (or used to bother us) about ourselves. I often find this to be true in my own life, and I think being aware of this can help us manage negative feelings towards others, directing them more constructively towards improving ourselves. However, I am glad that I sought out the context and found the true meaning of the quote.