

THE UNCONSCIOUS - (1915)

We have learnt from psycho-analysis that the essence of the process of repression lies, not in putting an end to, in annihilating, the idea which represents an instinct, but in preventing it from becoming conscious. When this happens we say of the idea that it is in a state of being 'unconscious', and we can produce good evidence to show that even when it is unconscious it can produce effects, even including some which finally reach consciousness. Everything that is repressed must remain unconscious; but let us state at the very outset that the repressed does not cover everything that is unconscious. The unconscious has the wider compass: the repressed is a part of the unconscious.

How are we to arrive at a knowledge of the unconscious? It is of course only as something conscious that we know it, after it has undergone transformation or translation into something conscious. Psycho-analytic work shows us every day that translation of this kind is possible. In order that this should come about, the person under analysis must overcome certain resistances - the same resistances as those which, earlier, made the material concerned into something repressed by rejecting it from the conscious.

I. JUSTIFICATION FOR THE CONCEPT OF THE UNCONSCIOUS

Our right to assume the existence of something mental that is unconscious and to employ that assumption for the purposes of scientific work is disputed in many quarters. To this we can reply that our assumption of the unconscious is necessary and legitimate, and that we possess numerous proofs of its existence.

It is necessary because the data of consciousness have a very large number of gaps in them; both in healthy and in sick people psychical acts often occur which can be explained only by presupposing other acts, of which, nevertheless, consciousness affords no evidence. These not only include parapraxes and dreams in healthy people, and everything described as a psychical symptom or an obsession in the sick; our most personal daily experience acquaints us with ideas that come into our head we do not know from where, and with intellectual conclusions arrived at we do not know how. All these conscious acts remain disconnected and unintelligible if we insist upon claiming that every mental act that occurs in us must also necessarily be experienced by us through consciousness; on the other hand, they fall into a demonstrable connection if we interpolate between them the unconscious acts which we have inferred. A gain in meaning is a perfectly justifiable ground for going beyond the limits of direct experience. When, in addition, it turns out that the assumption of there being an unconscious enables us to construct a successful procedure by which we can exert an effective influence upon the course of conscious processes, this success will have given us an incontrovertible proof of the existence of what we have assumed. This being so, we must adopt the position that to require that whatever goes on in the mind must also be known to consciousness is to make an untenable claim.

We can go further and argue, in support of there being an unconscious psychical state, that at any given moment consciousness includes only a small content, so

that the greater part of what we call conscious knowledge must in any case be for very considerable periods of time in a state of latency, that is to say, of being psychically unconscious. When all our latent memories are taken into consideration it becomes totally incomprehensible how the existence of the unconscious can be denied. But here we encounter the objection that these latent recollections can no longer be described as psychical, but that they correspond to residues of somatic processes from which what is psychical can once more arise. The obvious answer to this is that a latent memory is, on the contrary, an unquestionable residuum of a psychical process. But it is more important to realize clearly that this objection is based on the equation - not, it is true, explicitly stated but taken as axiomatic - of what is conscious with what is mental. This equation is either a *petitio principii* which begs the question whether everything that in psychical is also necessarily conscious; or else it is a matter of convention, of nomenclature. In this latter case it is, of course, like any other convention, not open to refutation. The question remains, however, whether the convention is so expedient that we are bound to adopt it. To this we may reply that the conventional equation of the psychical with the conscious is totally inexpedient. It disrupts psychical continuities, plunges us into the insoluble difficulties of psycho-physical parallelism, is open to the reproach that for no obvious reason it over-estimates the part played by consciousness, and that it forces us prematurely to abandon the field of psychological research without being able to offer us any compensation from other fields.

It is clear in any case that this question - whether the latent states of mental life, whose existence is undeniable, are to be conceived of as conscious mental states or as physical ones - threatens to resolve itself into a verbal dispute. We shall therefore be better advised to focus our attention on what we know with certainty of the nature of these debatable states. As far as their physical characteristics are concerned, they are totally inaccessible to us: no physiological concept or chemical process can give us any notion of their nature. On the other hand, we know for certain that they have abundant points of contact with conscious mental processes; with the help of a certain amount of work they can be transformed into, or replaced by, conscious mental processes, and all the categories which we employ to describe conscious mental acts, such as ideas, purposes, resolutions and so on, can be applied to them. Indeed, we are obliged to say of some of these latent states that the only respect in which they differ from conscious ones is precisely in the absence of consciousness. Thus we shall not hesitate to treat them as objects of psychological research, and to deal with them in the most intimate connection with conscious mental acts.

The stubborn denial of a psychical character to latent mental acts is accounted for by the circumstance that most of the phenomena concerned have not been the subject of study outside psycho-analysis. Anyone who is ignorant of pathological facts, who regards the parapraxes of normal people as accidental, and who is content with the old saw that dreams are froth [*Träume sind Schäume*] has only to ignore a few more problems of the psychology of consciousness in order to spare himself any need to assume an unconscious mental activity. Incidentally, even before the time of psycho-analysis, hypnotic experiments, and especially post-

hypnotic suggestion, had tangibly demonstrated the existence and mode of operation of the mental unconscious.

The assumption of an unconscious is, moreover, a perfectly legitimate one, inasmuch as in postulating it we are not departing a single step from our customary and generally accepted mode of thinking. Consciousness makes each of us aware only of his own states of mind; that other people, too, possess a consciousness is an inference which we draw by analogy from their observable utterances and actions, in order to make this behaviour of theirs intelligible to us. (It would no doubt be psychologically more correct to put it in this way: that without any special reflection we attribute to everyone else our own constitution and therefore our consciousness as well, and that this identification is a *sine qua non* of our understanding.) This inference (or this identification) was formerly extended by the ego to other human beings, to animals, plants, inanimate objects and to the world at large, and proved serviceable so long as their similarity to the individual ego was overwhelmingly great; but it became more untrustworthy in proportion as the difference between the ego and these 'others' widened. To-day, our critical judgement is already in doubt on the question of consciousness in animals; we refuse to admit it in plants and we regard the assumption of its existence in inanimate matter as mysticism. But even where the original inclination to identification has withstood criticism - that is, when the 'others' are our fellow-men - the assumption of a consciousness in them rests upon an inference and cannot share the immediate certainty which we have of our own consciousness.

Psycho-analysis demands nothing more than that we should apply this process of inference to ourselves also - a proceeding to which, it is true, we are not constitutionally inclined. If we do this, we must say: all the acts and manifestations which I notice in myself and do not know how to link up with the rest of my mental life must be judged as if they belonged to someone else: they are to be explained by a mental life ascribed to this other person. Furthermore, experience shows that we understand very well how to interpret in other people (that is, how to fit into their chain of mental events) the same acts which we refuse to acknowledge as being mental in ourselves. Here some special hindrance evidently deflects our investigations from our own self and prevents our obtaining a true knowledge of it.

This process of inference, when applied to oneself in spite of internal opposition, does not, however, lead to the disclosure of an unconscious; it leads logically to the assumption of another, second consciousness which is united in one's self with the consciousness one knows. But at this point, certain criticisms may fairly be made. In the first place, a consciousness of which its own possessor knows nothing is something very different from a consciousness belonging to another person, and it is questionable whether such a consciousness, lacking, as it does, its most important characteristic, deserves any discussion at all. Those who have resisted the assumption of an unconscious psychical are not likely to be ready to exchange it for an unconscious consciousness. The second place, analysis shows that the different latent mental processes inferred by us enjoy a high degree of mutual independence, as though they had no connection with one another, and knew nothing of one another. We must be prepared, if so, to assume the existence

in us not only of a second consciousness, but of a third, fourth, perhaps of an unlimited number of states of consciousness, all unknown to us and to one another. In the third place - and this is the most weighty argument of all - we have to take into account the fact that analytic investigation reveals some of these latent processes as having characteristics and peculiarities which seem alien to us, or even incredible, and which run directly counter to the attributes of consciousness with which we are familiar. Thus we have grounds for modifying our inference about ourselves and saying that what is proved is not the existence of a second consciousness in us, but the existence of psychical acts which lack consciousness. We shall also be right in rejecting the term 'subconsciousness' as incorrect and misleading. The well-known cases of 'double conscience'¹ (splitting of consciousness) prove nothing against our view. We may most aptly describe them as cases of a splitting of the mental activities into two groups, and say that the same consciousness turns to one or the other of these groups alternately.

In psycho-analysis there is no choice for us but to assert that mental processes are in themselves unconscious, and to liken the perception of them by means of consciousness to the perception of the external world by means of the sense-organs. We can even hope to gain fresh knowledge from the comparison. The psycho-analytic assumption of unconscious mental activity appears to us, on the one hand, as a further expansion of the primitive animism which caused us to see copies of our own consciousness all around us, and, on the other hand, as an extension of the corrections undertaken by Kant of our views on external perception. Just as Kant warned us not to overlook the fact that our perceptions are subjectively conditioned and must not be regarded as identical with what is perceived though unknowable, so psycho-analysis warns us not to equate perceptions by means of consciousness with the unconscious mental processes which are their object. Like the physical, the psychical is not necessarily in reality what it appears to us to be. We shall be glad to learn, however, that the correction of internal perception will turn out not to offer such great difficulties as the correction of external perception - that internal objects are less unknowable than the external world.

II. VARIOUS MEANINGS OF 'THE UNCONSCIOUS' - THE TOPOGRAPHICAL POINT OF VIEW

Before going any further, let us state the important, though inconvenient, fact that the attribute of being unconscious is only one feature that is found in the psychical and is by no means sufficient fully to characterize it. There are psychical acts of very varying value which yet agree in possessing the characteristic of being unconscious. The unconscious comprises, on the one hand, acts which are merely latent, temporarily unconscious, but which differ in no other respect from conscious ones and, on the other hand, processes such as repressed ones, which if they were to become conscious would be bound to stand out in the crudest contrast to the rest of the conscious processes. It would put an end to all misunderstandings if,

¹ [The French term for 'dual consciousness'.]

from now on, in describing the various kinds of psychical acts we were to disregard the question of whether they were conscious or unconscious, and were to classify and correlate them only according to their relation to instincts and aims, according to their composition and according to which of the hierarchy of psychical systems they belong to. This, however, is for various reasons impracticable, so that we cannot escape the ambiguity of using the words 'conscious' and 'unconscious' sometimes in a descriptive and sometimes in a systematic sense, in which latter they signify inclusion in particular systems and possession of certain characteristics. We might attempt to avoid confusion by giving the psychical systems which we have distinguished certain arbitrarily chosen names which have no reference to the attribute of being conscious. Only we should first have to specify what the grounds are on which we distinguish the systems, and in doing this we should not be able to evade the attribute of being conscious, seeing that it forms the point of departure for all our investigations. Perhaps we may look for some assistance from the proposal to employ, at any rate in writing, the abbreviation Cs. for consciousness and Ucs. for what is unconscious, when we are using the two words in the systematic sense.

7 Proceeding now to an account of the positive findings of psycho-analysis, we may say that in general a psychical act goes through two phases as regards its state, between which is interposed a kind of testing (censorship). In the first phase the psychical act is unconscious and belongs to the system Ucs.; if, on testing, it is rejected by the censorship, it is not allowed to pass into the second phase; it is then said to be 'repressed' and must remain unconscious. If, however, it passes this testing, it enters the second phase and thenceforth belongs to the second system, which we will call the system Cs. But the fact that it belongs to that system does not yet unequivocally determine its relation to consciousness. It is not yet conscious, but it is certainly capable of becoming conscious (to use Breuer's expression) - that is, it can now, given certain conditions, become an object of consciousness without any special resistance. In consideration of this capacity for becoming conscious we also call the system Cs. the 'preconscious'. If it should turn out that a certain censorship also plays a part in determining whether the preconscious becomes conscious, we shall discriminate more sharply between the systems Pcs. and Cs. For the present let it suffice us to bear in mind that the system Pcs. shares the characteristics of the system Cs. and that the rigorous censorship exercises its office at the point of transition from the Ucs. to the Pcs. (or Cs.).

By accepting the existence of these two (or three) psychical systems, psycho-analysis has departed a step further from the descriptive 'psychology of consciousness' and has raised new problems and acquired a new content. Up till now, it has differed from that psychology mainly by reason of its dynamic view of mental processes; now in addition it seems to take account of psychical topography as well, and to indicate in respect of any given mental act within what system or between what systems it takes place. On account of this attempt, too, it has been given the name of 'depth-psychology'. We shall hear that it can be further enriched by taking yet another point of view into account.

If we are to take the topography of mental acts seriously we must direct our interest to a doubt which arises at this point. When a psychical act (let us confine ourselves here to one which is in the nature of an idea) is transposed from the system Ucs. into the system Cs. (or Pcs.), are we to suppose that this transposition involves a fresh record - as it were, a second registration - of the idea in question, which may thus be situated as well in a fresh psychical locality, and alongside of which the original unconscious registration continues to exist? Or are we rather to believe that the transposition consists in a change in the state of the idea, a change involving the same material and occurring in the same locality? This question may appear abstruse, but it must be raised if we wish to form a more definite conception of psychical topography, of the dimension of depth in the mind. It is a difficult one because it goes beyond pure psychology and touches on the relations of the mental apparatus to anatomy. We know that in the very roughest sense such relations exist. Research has given irrefutable proof that mental activity is bound up with the function of the brain as it is with no other organ. We are taken a step further - we do not know how much - by the discovery of the unequal importance of the different parts of the brain and their special relations to particular parts of the body and to particular mental activities. But every attempt to go on from there to discover a localization of mental processes, every endeavour to think of ideas as stored up in nerve-cells and of excitations as travelling along nerve-fibres, has miscarried completely. The same fate would await any theory which attempted to recognize, let us say, the anatomical position of the system Cs. - conscious mental activity - as being in the cortex, and to localize the unconscious processes in the sub-cortical parts of the brain. There is a hiatus here which at present cannot be filled, nor is it one of the tasks of psychology to fill it. Our psychical topography has for the present nothing to do with anatomy; it has reference not to anatomical localities, but to regions in the mental apparatus, wherever they may be situated in the body.

In this respect, then, our work is untrammelled and may proceed according to its own requirements. It will, however, be useful to remind ourselves that as things stand our hypotheses set out to be no more than graphic illustrations. The first of the two possibilities which we considered - namely, that the Cs. phase of an idea implies a fresh registration of it, which is situated in another place - is doubtless the cruder but also the more convenient. The second hypothesis - that of a merely functional change of state - is a priori more probable, but it is less plastic, less easy to manipulate. With the first, or topographical, hypothesis is bound up that of a topographical separation of the systems Ucs. and Cs. and also the possibility that an idea may exist simultaneously in two places in the mental apparatus indeed, that if it is not inhibited by the censorship, it regularly advances from the one position to the other, possibly without losing its first location or registration.

This view may seem odd, but it can be supported by observations from psycho-analytic practice. If we communicate to a patient some idea which he has at one time repressed but which we have discovered in him, our telling him makes at first no change in his mental condition. Above all, it does not remove the repression nor undo its effects, as might perhaps be expected from the fact that the previously

unconscious idea has now become conscious. On the contrary, all that we shall achieve at first will be a fresh rejection of the repressed idea. But now the patient has in actual fact the same idea in two forms indifferent places in his mental apparatus: first, he has the conscious memory of the auditory trace of the idea, conveyed in what we told him; and secondly, he also has - as we know for certain - the unconscious memory of his experience as it was in its earlier form. Actually there is no lifting of the repression until the conscious idea, after the resistances have been overcome, has entered into connection with the unconscious memory-trace. It is only through the making conscious of the latter itself that success is achieved. On superficial consideration this would seem to show that conscious and unconscious ideas are distinct registrations, topographically separated, of the same content. But a moment's reflection shows that the identity of the information given to the patient with his repressed memory is only apparent. To have heard something and to have experienced something are in their psychological nature two quite different things, even though the content of both is the same.

So for the moment we are not in a position to decide between the two possibilities that we have discussed. Perhaps later on we shall come upon factors which may turn the balance in favour of one or the other. Perhaps we shall make the discovery that our question was inadequately framed and that the difference between an unconscious and a conscious idea has to be defined in quite another way.

III. UNCONSCIOUS EMOTIONS

We have limited the foregoing discussion to ideas; we may now raise a new question, the answer to which is bound to contribute to the elucidation of our theoretical views. We have said that there are conscious and unconscious ideas; but are there also unconscious instinctual impulses, emotions and feelings, or is it in this instance meaningless to form combinations of the kind?

I am in fact of the opinion that the antithesis of conscious and unconscious is not applicable to instincts. An instinct can never become an object of consciousness - only the idea that represents the instinct can. Even in the unconscious, moreover, an instinct cannot be represented otherwise than by an idea. If the instinct did not attach itself to an idea or manifest itself as an affective state, we could know nothing about it. When we nevertheless speak of an unconscious instinctual impulse or of a repressed instinctual impulse, the looseness of phraseology is a harmless one. We can only mean an instinctual impulse the ideational representative of which is unconscious, for nothing else comes into consideration.

We should expect the answer to the question about unconscious feelings, emotions and affects to be just as easily given. It is surely of the essence of an emotion that we should be aware of it, i.e. that it should become known to consciousness. Thus the possibility of the attribute of unconsciousness would be completely excluded as far as emotions, feelings and affects are concerned. But in psycho-analytic practice we are accustomed to speak of unconscious love, hate, anger, etc., and find it impossible to avoid even the strange conjunction 'unconscious consciousness of guilt', or a paradoxical 'unconscious anxiety'. Is

there more meaning in the use of these terms than there is in speaking of 'unconscious instincts'?

The two cases are in fact not on all fours. In the first place, it may happen that an affective or emotional impulse is perceived but misconstrued. Owing to the repression of its proper representative it has been forced to become connected with another idea, and is now regarded by consciousness as the manifestation of that idea. If we restore the true connection, we call the original affective impulse an 'unconscious' one. Yet its affect was never unconscious; all that had happened was that its idea had undergone repression. In general, the use of the terms 'unconscious affect' and 'unconscious emotion' has reference to the vicissitudes undergone, in consequence of repression, by the quantitative factor in the instinctual impulse. We know that three such vicissitudes are possible:¹ either the affect remains, wholly or in part, as it is; or it is transformed into a qualitatively different quota of affect, above all into anxiety; or it is suppressed, i.e. it is prevented from developing at all. (These possibilities may perhaps be studied even more easily in the dream-work than in neuroses.) We know, too, that to suppress the development of affect is the true aim of repression and that its work is incomplete if this aim is not achieved. In every instance where repression has succeeded in inhibiting the development of affects, we term those affects (which we restore when we undo the work of repression) 'unconscious'. Thus it cannot be denied that the use of the terms in question is consistent; but in comparison with unconscious ideas there is the important difference that unconscious ideas continue to exist after repression as actual structures in the system Ucs., whereas all that corresponds in that system to unconscious affects is a potential beginning which is prevented from developing. Strictly speaking, then, and although no fault can be found with the linguistic usage, there are no unconscious affects as there are unconscious ideas. But there may very well be in the system Ucs. affective structures which, like others, become conscious. The whole difference arises from the fact that ideas are cathexes - basically of memory-traces - whilst affects and feelings correspond to processes of discharge, the final manifestations of which are perceived as feelings. In the present state of our knowledge of affects and feelings we cannot express this difference more clearly.

It is of especial interest to us to have established the fact that repression can succeed in inhibiting an instinctual impulse from being turned into a manifestation of affect. This shows us that the system Cs. normally controls affectivity as well as access to motility; and it enhances the importance of repression, since it shows that repression results not only in withholding things from consciousness, but also in preventing the development of affect and the setting-off of muscular activity. Conversely, too, we may say that as long as the system Cs. controls affectivity and motility, the mental condition of the person in question is spoken of as normal. Nevertheless, there is an unmistakable difference in the relation of the controlling

¹ Cf. the preceding paper on 'Repression'.

system to the two contiguous processes of discharge.¹ Whereas the control by the Cs. over voluntary motility is firmly rooted, regularly withstands the onslaught of neurosis and only breaks down in psychosis, control by the Cs. over the development of affects is less secure. Even within the limits of normal life we can recognize that a constant struggle for primacy over affectivity goes on between the two systems Cs. and Ucs., that certain spheres of influence are marked off from one another and that intermixtures between the operative forces occur.

The importance of the system Cs. (Pcs.) as regards access to the release of affect and to action enables us also to understand the part played by substitutive ideas in determining the form taken by illness. It is possible for the development of affect to proceed directly from the system Ucs.; in that case the affect always has the character of anxiety, for which all 'repressed' affects are exchanged. Often, however, the instinctual impulse has to wait until it has found a substitutive idea in the system Cs. The development of affect can then proceed from this conscious substitute, and the nature of that substitute determines the qualitative character of the affect. We have asserted that in repression a severance takes place between the affect and the idea to which it belongs, and that each then undergoes its separate vicissitudes. Descriptively, this is incontrovertible; in actuality, however, the affect does not as a rule arise till the break-through to a new representation in the system Cs. has been successfully achieved.

IV. TOPOGRAPHY AND DYNAMICS OF REPRESSION

We have arrived at the conclusion that repression is essentially a process affecting ideas on the border between the systems Ucs. and Pcs. (Cs.), and we can now make a fresh attempt to describe the process in greater detail.

It must be a matter of a withdrawal of cathexis; but the question is, in which system does the withdrawal take place and to which system does the cathexis that is withdrawn belong? The repressed idea remains capable of action in the Ucs., and it must therefore have retained its cathexis. What has been withdrawn must be something else. Let us take the case of repression proper ('after-pressure'), as it affects an idea which is preconscious or even actually conscious. Here repression can only consist in withdrawing from the idea the (preconscious cathexis which belongs to the system Pcs. The idea then either remains uncatheted, or receives cathexis from the Ucs., or retains the Ucs. cathexis which it already had. Thus there is a withdrawal of the preconscious cathexis, retention of the unconscious cathexis, or replacement of the preconscious cathexis by an unconscious one. We notice, moreover, that we have based these reflections (as it were, without meaning to) on the assumption that the transition from the system Ucs. to the system next to it is not effected through the making of a new registration but through a change in its state, an alteration in its cathexis. The functional hypothesis has here easily defeated the topographical one.

¹ Affectivity manifests itself essentially in motor (secretory and vasomotor) discharge resulting in an (internal) alteration of the subject's own body without reference to the external world; motility, in actions designed to effect changes in the external world.

But this process of withdrawal of libido is not adequate to make another characteristic of repression comprehensible to us. It is not clear why the idea which has remained cathected or has received cathexis from the Ucs. should not, in virtue of its cathexis, renew the attempt to penetrate into the system Pcs. If it could do so, the withdrawal of libido from it would have to be repeated, and the same performance would go on endlessly; but the outcome would not be repression. So, too, when it comes to describing primal repression, the mechanism just discussed of withdrawal of preconscious cathexis would fail to meet the case; for here we are dealing with an unconscious idea which has as yet received no cathexis from the Pcs. and therefore cannot have that cathexis withdrawn from it.

What we require, therefore, is another process which maintains the repression in the first case and, in the second, ensures its being established as well as continued. This other process can only be found in the assumption of an anticathexis, by means of which the system Pcs. protects itself from the pressure upon it of the unconscious idea. We shall see from clinical examples how such an anticathexis, operating in the system Pcs., manifests itself. It is this which represents the permanent expenditure of a primal repression, and which also guarantees the permanence of that repression. Anticathexis is the sole mechanism of primal repression; in the case of repression proper ('after-pressure') there is in addition withdrawal of the Pcs. cathexis. It is very possible that it is precisely the cathexis which is withdrawn from the idea that is used for anticathexis.

We see how we have gradually been led into adopting a third point of view in our account of psychical phenomena. Besides the dynamic and the topographical points of view, we have adopted the economic one. This endeavours to follow out the vicissitudes of amounts of excitation and to arrive at least at some relative estimate of their magnitude.

It will not be unreasonable to give a special name to this whole way of regarding our subject-matter, for it is the consummation of psycho-analytic research. I propose that when we have succeeded in describing a psychical process in its dynamic, topographical and economic aspects, we should speak of it as a metapsychological presentation. We must say at once that in the present state of our knowledge there are only a few points at which we shall succeed in this.

5 Let us make a tentative effort to give a metapsychological description of the process of repression in the three transference neuroses which are familiar to us. Here we may replace 'cathexis' by 'libido', because, as we know, it is the vicissitudes of sexual impulses with which we shall be dealing.

In anxiety hysteria a first phase of the process is frequently overlooked, and may perhaps be in fact missed out; on careful observation, however, it can be clearly discerned. It consists in anxiety appearing without the subject knowing what he is afraid of. We must suppose that there was present in the Ucs. some love-impulse demanding to be transposed into the system Pcs.; but the cathexis directed to it from the latter system has drawn back from the impulse (as though in an attempt at

flight) and the unconscious libidinal cathexis of the rejected idea has been discharged in the form of anxiety.

On the occasion of a repetition (if there should be one) of this process, a first step is taken in the direction of mastering the unwelcome development of anxiety. The cathexis that has taken flight attaches itself to a substitutive idea which, on the one hand, is connected by association with the rejected idea, and, on the other, has escaped repression by reason of its remoteness from that idea. This substitutive idea - a 'substitute by displacement' - permits the still uninhabitable development of anxiety to be rationalized. It now plays the part of an anticathexis for the system Cs. (Pcs.), by securing it against an emergence in the Cs. of the repressed idea. On the other hand it is, or acts as if it were, the point of departure for the release of the anxiety-affect, which has now really become quite uninhabitable. Clinical observation shows, for instance, that a child suffering from an animal phobia experiences anxiety under two kinds of conditions: in the first place, when his repressed love-impulse becomes intensified, and, in the second, when he perceives the animal he is afraid of. The substitutive idea acts in the one instance as a point at which there is a passage across from the system Ucs. to the system Cs., and, in the other instance, as a self-sufficing source for the release of anxiety. The extending dominance of the system Cs. usually manifests itself in the fact that the first of these two modes of excitation of the substitutive idea gives place more and more to the second. The child may perhaps end by behaving as though he had no predilection whatever towards his father but had become quite free from him, and as though his fear of the animal was a real fear - except that this fear of the animal, fed as such a fear is from an unconscious instinctual source, proves obdurate and exaggerated in the face of all influences brought to bear from the system Cs., and thereby betrays its derivation from the system Ucs. - In the second phase of anxiety hysteria, therefore, the anticathexis from the system Cs. has led to substitute-formation.

Soon the same mechanism finds a fresh application. The process of repression, as we know, is not yet completed, and it finds a further aim in the task of inhibiting the development of the anxiety which arises from the substitute. This is achieved by the whole of the associated environment of the substitutive idea being cathected with special intensity, so that it can display a high degree of sensibility to excitation. Excitation of any point in this outer structure must inevitably, on account of its connection with the substitutive idea, give rise to a slight development of anxiety; and this is now used as a signal to inhibit, by means of a fresh flight on the part of the cathexis, the further progress of the development of anxiety. The further away the sensitive and vigilant anticathexes are situated from the feared substitute, the more precisely can the mechanism function which is designed to isolate the substitutive idea and to protect it from fresh excitations. These precautions naturally only guard against excitations which approach the substitutive idea from outside, through perception; they never guard against instinctual excitation, which reaches the substitutive idea from the direction of its link with the repressed idea. Thus the precautions do not begin to operate till the substitute has satisfactorily taken over representation of the repressed, and they can never operate with

complete reliability. With each increase of instinctual excitation the protecting rampart round the substitutive idea must be shifted a little further outwards. The whole construction, which is set up in an analogous way in the other neuroses, is termed a phobia. The flight from a conscious cathexis of the substitutive idea is manifested in the avoidances, renunciations and prohibitions by which we recognize anxiety hysteria.

Surveying the whole process, we may say that the third phase repeats the work of the second on an ampler scale. The system Cs. now protects itself against the activation of the substitutive idea by an anticathexis of its environment, just as previously it had secured itself against the emergence of the repressed idea by a cathexis of the substitutive idea. In this way the formation of substitutes by displacement has been further continued. We must also add that the system Cs. had earlier only one small area at which the repressed instinctual impulse could break through, namely, the substitutive idea; but that ultimately this enclave of unconscious influence extends to the whole phobic outer structure. Further, we may lay stress on the interesting consideration that by means of the whole defensive mechanism thus set in action a projection outward of the instinctual danger has been achieved. The ego behaves as if the danger of a development of anxiety threatened it not from the direction of an instinctual impulse but from the direction of a perception, and it is thus enabled to react against this external danger with the attempts at flight represented by phobic avoidances. In this process repression is successful in one particular: the release of anxiety can to some extent be dammed up, but only at a heavy sacrifice of personal freedom. Attempts at flight from the demands of instinct are, however, in general useless, and, in spite of everything, the result of phobic flight remains unsatisfactory.

A great deal of what we have found in anxiety hysteria also holds good for the other two neuroses, so that we can confine our discussion to their points of difference and to the part played by anticathexis. In conversion hysteria the instinctual cathexis of the repressed idea is changed into the innervation of the symptom. How far and in what circumstances the unconscious idea is drained empty by this discharge into innervation, so that it can relinquish its pressure upon the system Cs. - these and similar questions had better be reserved for a special investigation of hysteria. In conversion hysteria the part played by the anticathexis proceeding from the system Cs. (Pcs.) is clear and becomes manifest in the formation of the symptom. It is the anticathexis that decides upon what portion of the instinctual representative the whole cathexis of the latter is able to be concentrated. The portion thus selected to be a symptom fulfils the condition of expressing the wishful aim of the instinctual impulse no less than the defensive or punitive efforts of the system Cs.; thus it becomes hypercathected, and it is maintained from both directions like the substitutive idea in anxiety hysteria. From this circumstance we may conclude without hesitation that the amount of energy expended by the system Cs. on repression need not be so great as the cathectic energy of the symptom; for the strength of the repression is measured by the amount of anticathexis expended, whereas the symptom is supported not only by

this anticathexis but also by the instinctual cathexis from the system Ucs. which is condensed in the symptom.

As regards obsessional neurosis, we need only add to the observations brought forward in the preceding paper that it is here that the anticathexis from the system Cs. comes most noticeably into the foreground. It is this which, organized as a reaction-formation, brings about the first repression, and which is later the point at which the repressed idea breaks through. We may venture the supposition that it is because of the predominance of the anticathexis and the absence of discharge that the work of repression seems far less successful in anxiety hysteria and in obsessional neurosis than in conversion hysteria.

V. THE SPECIAL CHARACTERISTICS OF THE SYSTEM Ucs.

The distinction we have made between the two psychical systems receives fresh significance when we observe that processes in the one system, the Ucs., show characteristics which are not met with again in the system immediately above it.

The nucleus of the Ucs. consists of instinctual representatives which seek to discharge their cathexis; that is to say, it consists of wishful impulses. These instinctual impulses are co-ordinate with one another, exist side by side without being influenced by one another, and are exempt from mutual contradiction. When two wishful impulses whose aims must appear to us incompatible become simultaneously active, the two impulses do not diminish each other or cancel each other out, but combine to form an intermediate aim, a compromise.

There are in this system no negation, no doubt, no degrees of certainty: all this is only introduced by the work of the censorship between the Ucs. and the Pcs. Negation is a substitute, at a higher level, for repression. In the Ucs. there are only contents, cathected with greater or lesser strength.

The cathectic intensities are much more mobile. By the process of displacement one idea may surrender to another its whole quota of cathexis; by the process of condensation it may appropriate the whole cathexis of several other ideas. I have proposed to regard these two processes as distinguishing marks of the so-called primary psychical process. In the system Pcs. the secondary process¹ is dominant. When a primary process is allowed to take its course in connection with elements belonging to the system Pcs., it appears 'comic' and excites laughter.

¹ Cf. the discussion in Chapter VII of *The Interpretation of Dreams* (1900a), based on ideas developed by Breuer in *Studies on Hysteria* (Breuer and Freud, 1895).0

The processes of the system Ucs. are timeless; i.e. they are not ordered temporally, are not altered by the passage of time; they have no reference to time at all. Reference to time is bound up, once again, with the work of the system Cs.

The Ucs. processes pay just as little regard to reality. They are subject to the pleasure principle; their fate depends only on how strong they are and on whether they fulfil the demands of the pleasure-unpleasure regulation.

To sum up: exemption from mutual contradiction, primary process (mobility of cathexes), timelessness, and replacement of external by psychical reality - these are the characteristics which we may expect to find in processes belonging to the system Ucs.¹

Unconscious processes only become cognizable by us under the conditions of dreaming and of neurosis - that is to say, when processes of the higher, Pcs., system are set back to an earlier stage by being lowered (by regression). In themselves they cannot be cognized, indeed are even incapable of carrying on their existence; for the system Ucs. is at a very early moment overlaid by the Pcs. which has taken over access to consciousness and to motility. Discharge from the system Ucs. passes into somatic innervation that leads to development of affect; but even this path of discharge is, as we have seen, contested by the Pcs. By itself, the system Ucs. would not in normal conditions be able to bring about any expedient muscular acts, with the exception of those already organized as reflexes.

The full significance of the characteristics of the system Ucs. described above could only be appreciated by us if we were to contrast and compare them with those of the system Pcs. But this would take us so far afield that I propose that we should once more call a halt and not undertake the comparison of the two till we can do so in connection with our discussion of the higher system. Only the most pressing points of all will be mentioned at this stage.

The processes of the system Pcs. display - no matter whether they are already conscious or only capable of becoming conscious - an inhibition of the tendency of cathected ideas towards discharge. When a process passes from one idea to another, the first idea retains a part of its cathexis and only a small portion undergoes displacement. Displacements and condensations such as happen in the primary process are excluded or very much restricted. This circumstance caused Breuer to assume the existence of two different states of cathectic energy in mental life: one in which the energy is tonically 'bound' and the other in which it is freely mobile and presses towards discharge. In my opinion this distinction represents the deepest insight we have gained up to the present into the nature of nervous energy, and I do not see how we can avoid making it. A metapsychological presentation would most urgently call for further discussion at this point, though perhaps that would be too daring an undertaking as yet.

Further, it devolves upon the system Pcs. to make communication possible between the different ideational contents so that they can influence one another, to give them an order in time, and to set up a censorship or several censorships; 'reality testing' too, and the reality-principle, are in its province. Conscious memory, moreover, seems to depend wholly on the Pcs. This should be clearly distinguished from the memory-traces in which the experiences of the Ucs. are fixed, and probably corresponds to a special registration such as we proposed (but later rejected) to account for the relation of conscious to unconscious ideas. In this

¹ We are reserving for a different context the mention of another notable privilege of the Ucs.

connection, also, we shall find means for putting an end to our oscillations in regard to the naming of the higher system - which we have hitherto spoken of indifferently, sometimes as the Pcs. and sometimes as the Cs.

Nor will it be out of place here to utter a warning against any over-hasty generalization of what we have brought to light concerning the distribution of the various mental functions between the two systems. We are describing the state of affairs as it appears in the adult human being, in whom the system Ucs. operates, strictly speaking, only as a preliminary stage of the higher organization. The question of what the content and connections of that system are during the development of the individual, and of what significance it possesses in animals - these are points on which no conclusion can be deduced from our description: they must be investigated independently. Moreover, in human beings we must be prepared to find possible pathological conditions under which the two systems alter, or even exchange, both their content and their characteristics.

VI. COMMUNICATION BETWEEN THE TWO SYSTEMS

It would nevertheless be wrong to imagine that the Ucs. remains at rest while the whole work of the mind is performed by the Pcs. - that the Ucs. is something finished with, a vestigial organ, a residuum from the process of development. It is wrong also to suppose that communication between the two systems is confined to the act of repression, with the Pcs. casting everything that seems disturbing to it into the abyss of the Ucs. On the contrary, the Ucs. is alive and capable of development and maintains a number of other relations with the Pcs., amongst them that of co-operation. In brief, it must be said that the Ucs. is continued into what are known as derivatives, that it is accessible to the impressions of life, that it constantly influences the Pcs., and is even, for its part, subjected to influences from the Pcs.

Study of the derivatives of the Ucs. will completely disappoint our expectations of a schematically clear-cut distinction between the two psychical systems. This will no doubt give rise to dissatisfaction with our results and will probably be used to cast doubts on the value of the way in which we have divided up the psychical processes. Our answer is, however, that we have no other aim but that of translating into theory the results of observation, and we deny that there is any obligation on us to achieve at our first attempt a well-rounded theory which will commend itself by its simplicity. We shall defend the complications of our theory so long as we find that they meet the results of observation, and we shall not abandon our expectations of being led in the end by those very complications to the discovery of a state of affairs which, while simple in itself, can account for all the complications of reality.

Among the derivatives of the Ucs. instinctual impulses, of the sort we have described, there are some which unite in themselves characters of an opposite kind. On the one hand, they are highly organized, free from self-contradiction, have made use of every acquisition of the system Cs. and would hardly be distinguished in our judgement from the formations of that system. On the other hand they are

unconscious and are incapable of becoming conscious. Thus qualitatively they belong to the system Pcs., but factually to the Ucs. Their origin is what decides their fate. We may compare them with individuals of mixed race who, taken all round, resemble white men, but who betray their coloured descent by some striking feature or other, and on that account are excluded from society and enjoy none of the privileges of white people. Of such a nature are those phantasies of normal people as well as of neurotics which we have recognized as preliminary stages in the formation both of dreams and of symptoms and which, in spite of their high degree of organization, remain repressed and therefore cannot become conscious. They draw near to consciousness and remain undisturbed so long as they do not have an intense cathexis, but as soon as they exceed a certain height of cathexis they are thrust back. Substitutive formations, too, are highly organized derivatives of the Ucs. of this kind; but these succeed in breaking through into consciousness, when circumstances are favourable - for example, if they happen to join forces with an anticathexis from the Pcs.

When, elsewhere, we come to examine more closely the preconditions for becoming conscious, we shall be able to find a solution of some of the difficulties that arise at this juncture. Here it seems a good plan to look at things from the angle of consciousness, in contrast to our previous approach, which was upwards from the Ucs. To consciousness the whole sum of psychical processes presents itself as the realm of the preconscious. A very great part of this preconscious originates in the unconscious, has the character of its derivatives and is subjected to a censorship before it can become conscious. Another part of the Pcs. is capable of becoming conscious without any censorship. Here we come upon a contradiction of an earlier assumption. In discussing the subject of repression we were obliged to place the censorship which is decisive for becoming conscious between the systems Ucs. and Pcs.. Now it becomes probable that there is a censorship between the Pcs. and the Cs. Nevertheless we shall do well not to regard this complication as a difficulty, but to assume that to every transition from one system to that immediately above it (that is, every advance to a higher stage of psychical organization) there corresponds a new censorship. This, it may be remarked, does away with the assumption of a continuous laying down of new registrations.

The reason for all these difficulties is to be found in the circumstance that the attribute of being conscious, which is the only characteristic of psychical processes that is directly presented to us, is in no way suited to serve as a criterion for the differentiation of systems. Apart from the fact that the conscious is not always conscious but also at times latent, observation has shown that much that shares the characteristics of the system Pcs. does not become conscious; and we learn in addition that the act of becoming conscious is dependent on the attention of the Pcs. being turned in certain directions. Hence consciousness stands in no simple relation either to the different systems or to repression. The truth is that it is not only the psychically repressed that remains alien to consciousness, but also some of the impulses which dominate our ego - something, therefore, that forms the strongest functional antithesis to the repressed. The more we seek to win our way

to a metapsychological view of mental life, the more we must learn to emancipate ourselves from the importance of the symptom of 'being conscious'.

So long as we still cling to this belief we see our generalizations regularly broken through by exceptions. On the one hand we find that derivatives of the Ucs. become conscious as substitutive formations and symptoms - generally, it is true, after having undergone great distortion as compared with the unconscious, though often retaining many characteristics which call for repression. On the other hand, we find that many preconscious formations remain unconscious, though we should have expected that, from their nature, they might very well have become conscious. Probably in the latter case the stronger attraction of the Ucs. is asserting itself. We are led to look for the more important distinction as lying, not between the conscious and the preconscious, but between the preconscious and the unconscious. The Ucs. is turned back on the frontier of the Pcs. by the censorship, but derivatives of the Ucs. can circumvent this censorship, achieve a high degree of organization and reach a certain intensity of cathexis in the Pcs. When, however, this intensity is exceeded and they try to force themselves into consciousness, they are recognized as derivatives of the Ucs. and are repressed afresh at the new frontier of censorship, between the Pcs. and the Cs. Thus the first of these censorships is exercised against the Ucs. itself, and the second against its Pcs. derivatives. One might suppose that in the course of individual development the censorship had taken a step forward.

In psycho-analytic treatment the existence of the second censorship, located between the systems Pcs. and Cs., is proved beyond question. We require the patient to form numerous derivatives of the Ucs., we make him pledge himself to overcome the objections of the censorship to these preconscious formations becoming conscious, and by overthrowing this censorship, we open up the way to abrogating the repression accomplished by the earlier one. To this let us add that the existence of the censorship between the Pcs. and the Cs. teaches us that becoming conscious is no mere act of perception, but is probably also a hypercathexis, a further advance in the psychical organization.

Let us turn to the communications between the Ucs. and the other systems, less in order to establish anything new than in order to avoid omitting what is most prominent. At the roots of instinctual activity the systems communicate with one another most extensively. One portion of the processes which are there excited passes through the Ucs., as through a preparatory stage, and reaches the highest psychical development in the Cs.; another portion is retained as Ucs. But the Ucs. is also affected by experiences originating from external perception. Normally all the paths from perception to the Ucs. remain open, and only those leading on from the Ucs. are subject to blocking by repression.

It is a very remarkable thing that the Ucs. of one human being can react upon that of another, without passing through the Cs. This deserves closer investigation, especially with a view to finding out whether preconscious activity can be excluded as playing a part in it; but, descriptively speaking, the fact is incontestable.

The content of the system Pcs. (or Cs.) is derived partly from instinctual life (through the medium of the Ucs.), and partly from perception. It is doubtful how far the processes of this system can exert a direct influence on the Ucs.; examination of pathological cases often reveals an almost incredible independence and lack of susceptibility to influence on the part of the Ucs. A complete divergence of their trends, a total severance of the two systems, is what above all characterizes a condition of illness. Nevertheless, psycho-analytic treatment is based upon an influencing of the Ucs. from the direction of the Cs., and at any rate shows that this, though a laborious task, is not impossible. The derivatives of the Ucs. which act as intermediaries between the two systems open the way, as we have already said, towards accomplishing this. But we may safely assume that a spontaneously effected alteration in the Ucs. from the direction of the Cs. is a difficult and slow process.

Co-operation between a preconscious and an unconscious impulse, even when the latter is intensely repressed, may come about if there is a situation in which the unconscious impulse can act in the same sense as one of the dominant trends. The repression is removed in this instance, and the repressed activity is admitted as a reinforcement of the one intended by the ego. The unconscious becomes ego-syntonic in respect of this single conjunction without any change taking place in its repression apart from this. In this co-operation the influence of the Ucs. is unmistakable: the reinforced tendencies reveal themselves as being nevertheless different from the normal; they make specially perfect functioning possible, and they manifest a resistance in the face of opposition which is similar to that offered, for instance, by obsessional symptoms.

The content of the Ucs. may be compared with an aboriginal population in the mind. If inherited mental formations exist in the human being - something analogous to instinct¹ in animals - these constitute the nucleus of the Ucs. Later there is added to them what is discarded during childhood development as unserviceable; and this need not differ in its nature from what is inherited. A sharp and final division between the content of the two systems does not, as a rule, take place till puberty.

VII. ASSESSMENT OF THE UNCONSCIOUS

What we have put together in the preceding discussions is probably as much as we can say about the Ucs. so long as we only draw upon our knowledge of dream-life and the transference neuroses. It is certainly not much, and at some points it gives an impression of obscurity and confusion; and above all it offers us no possibility of co-ordinating or subsuming the Ucs. into any context with which we are already familiar. It is only the analysis of one of the affections which we call narcissistic psychoneuroses that promises to furnish us with conceptions through which the enigmatic Ucs. will be brought more within our reach and, as it were, made tangible.

¹ [The German word here is 'Instinkt', not the usual 'Trieb'.

Since the publication of a work by Abraham (1908) - which that conscientious author has attributed to my instigation - we have tried to base our characterization of Kraepelin's 'dementia praecox' (Bleuler's 'schizophrenia') on its position with reference to the antithesis between ego and object. In the transference neuroses (anxiety hysteria, conversion hysteria and obsessional neurosis) there was nothing to give special prominence to this antithesis. We knew, indeed, that frustration in regard to the object brings on the outbreak of the neurosis and that the neurosis involves a renunciation of the real object; we knew too that the libido that is withdrawn from the real object reverts first to a phantasied object and then to one that had been repressed (introversion). But in these disorders object-cathexis in general is retained with great energy, and more detailed examination of the process of repression has obliged us to assume that object-cathexis persists in the system Ucs. in spite of - or rather in consequence of - repression. Indeed, the capacity for transference, of which we make use for therapeutic purposes in these affections, presupposes an unimpaired object-cathexis.

In the case of schizophrenia, on the other hand, we have been driven to the assumption that after the process of repression the libido that has been withdrawn does not seek a new object, but retreats into the ego; that is to say, that here the object-cathexes are given up and a primitive objectless condition of narcissism is re-established. The incapacity of these patients for transference (so far as the pathological process extends), their consequent inaccessibility to therapeutic efforts, their characteristic repudiation of the external world, the appearance of signs of a hypercathexis of their own ego, the final outcome in complete apathy - all these clinical features seem to agree excellently with the assumption that their object-cathexes have been given up. As regards the relation of the two psychical systems to each other, all observers have been struck by the fact that in schizophrenia a great deal is expressed as being conscious which in the transference neuroses can only be shown to be present in the Ucs. by psychoanalysis. But to begin with we were not able to establish any intelligible connection between the ego-object relation and the relationships of consciousness.

What we are seeking seems to present itself in the following unexpected way. In schizophrenics we observe - especially in the initial stages, which are so instructive - a number of changes in speech, some of which deserve to be regarded from a particular point of view. The patient often devotes peculiar care to his way of expressing himself, which becomes 'stilted' and 'precious'. The construction of his sentences undergoes a peculiar disorganization, making them so incomprehensible to us that his remarks seem nonsensical. Some reference to bodily organs or innervations is often given prominence in the content of these remarks. To this may be added the fact that in such symptoms of schizophrenia as are comparable with the substitutive formations of hysteria or obsessional neurosis, the relation between the substitute and the repressed material nevertheless displays peculiarities which would surprise us in these two forms of neurosis.

Dr. Victor Tausk of Vienna has placed at my disposal some observations that he has made in the initial stages of schizophrenia in a female patient, which are

particularly valuable in that the patient was ready to explain her utterances herself. I will take two of his examples to illustrate the view I wish to put forward, and I have no doubt that every observer could easily produce plenty of such material.⁰

A patient of Tausk's, a girl who was brought to the clinic after a quarrel with her lover, complained that her eyes were not right, they were twisted. This she herself explained by bringing forward a series of reproaches against her lover in coherent language. 'She could not understand him at all, he looked different every time; he was a hypocrite, an eye-twister,¹ he had twisted her eyes; now she had twisted eyes; they were not her eyes any more; now she saw the world with different eyes.'

The patient's comments on her unintelligible remark have the value of an analysis, for they contain the equivalent of the remark expressed in a generally comprehensible form. They throw light at the same time on the meaning and the genesis of schizophrenic word-formation. I agree with Tausk in stressing in this example the point that the patient's relation to a bodily organ (the eye) has arrogated to itself the representation of the whole content. Here the schizophrenic utterance exhibits a hypochondriac trait: it has become 'organ-speech'.

A second communication by the same patient was as follows: 'She was standing in church. Suddenly she felt a jerk; she had to change her position, as though somebody was putting her into a position, as though she was being put in a certain position.'

Now came the analysis of this through a fresh series of reproaches against her lover. 'He was common, he had made her common, too, though she was naturally refined. He had made her like himself by making her think that he was superior to her; now she had become like him, because she thought she would be better if she were like him. He had given a false impression of his position; now she was just like him' (by identification), 'he had put her in a false position'.

The physical movement of 'changing her position', Tausk remarks, depicted the words 'putting her in a false position' and her identification with her lover. I would call attention once more to the fact that the whole train of thought is dominated by the element which has for its content a bodily innervation (or, rather, the sensation of it). Furthermore, a hysterical woman would, in the first example, have in fact convulsively twisted her eyes, and, in the second, have given actual jerks, instead of having the impulse to do so or the sensation of doing so: and in neither example would she have any accompanying conscious thoughts, nor would she have been able to express any such thoughts afterwards.

These two observations, then, argue in favour of what we have called hypochondriacal speech or 'organ-speech'. But, what seems to us more important, they also point to something else, of which we have innumerable instances (for example, in the cases collected in Bleuler's monograph) and which may be reduced to a definite formula. In schizophrenia words are subjected to the same

¹ [The German 'Augenverdreher' has the figurative meaning of 'deceiver'.]

process as that which makes the dream images out of latent dream-thoughts - to what we have called the primary psychical process. They undergo condensation, and by means of displacement transfer their cathexes to one another in their entirety. The process may go so far that a single word, if it is specially suitable on account of its numerous connections, takes over the representation of a whole train of thought. The works of Bleuler, Jung and their pupils offer a quantity of material which particularly supports this assertion.¹

Before we draw any conclusion from impressions such as these, let us consider further the distinctions between the formation of substitutes in schizophrenia on the one hand, and in hysteria and obsessional neurosis on the other - subtle distinctions which nevertheless make a strange impression. A patient whom I have at present under observation has allowed himself to be withdrawn from all the interests of life on account of a bad condition of the skin of his face. He declares that he has black heads and deep holes in his face which everyone notices. Analysis shows that he is playing out his castration complex upon his skin. At first he worked at these blackheads remorselessly; and it gave him great satisfaction to squeeze them out, because, as he said, something spurted out when he did so. Then he began to think that a deep cavity appeared wherever he had got rid of a blackhead, and he reproached himself most vehemently with having ruined his skin for ever by 'constantly fiddling about with his hand'. Pressing out the content of the blackheads is clearly to him a substitute for masturbation. The cavity which then appears owing to his fault is the female genital, i.e. the fulfilment of the threat of castration (or the phantasy representing that threat) provoked by his masturbating. This substitutive formation has, in spite of its hypochondriacal character, considerable resemblance to a hysterical conversion; and yet we have a feeling that something different must be going on here, that a substitutive formation such as this cannot be attributed to hysteria, even before we can say in what the difference consists. A tiny little cavity such as a pore of the skin would hardly be used by a hysteric as a symbol for the vagina, which he is otherwise ready to compare with every imaginable object that encloses a hollow space. Besides, we should expect the multiplicity of these little cavities to prevent him from using them as a substitute for the female genital. The same applies to the case of a young patient reported by Tausk some years ago to the Vienna Psycho-Analytical Society. This patient behaved in other respects exactly as though he were suffering from an obsessional neurosis; he took hours to wash and dress, and so on. It was noticeable, however, that he was able to give the meaning of his inhibitions without any resistance. In putting on his stockings, for instance, he was disturbed by the idea that he must pull apart the stitches in the knitting, i.e. the holes, and to him every hole was a symbol of the female genital aperture. This again is a thing which we cannot attribute to an obsessional neurotic. Reitler observed a patient of the latter sort, who also suffered from having to take a long time over putting on his stockings; this man, after overcoming his resistances, found as the explanation that

¹ The dream-work, too, occasionally treats words like things, and so creates very similar 'schizophrenic' utterances or neologisms.

his foot symbolized a penis, that putting on the stocking stood for a masturbatory act, and that he had to keep on pulling the stocking on and off, partly in order to complete the picture of masturbation, and partly in order to undo that act.

If we ask ourselves what it is that gives the character of strangeness to the substitutive formation and the symptom in schizophrenia, we eventually come to realize that it is the predominance of what has to do with words over what has to do with things. As far as the thing goes, there is only a very slight similarity between squeezing out a blackhead and an emission from the penis, and still less similarity between the innumerable shallow pores of the skin and the vagina; but in the former case there is, in both instances, a 'spurting out', while in the latter the cynical saying, 'a hole is a hole', is true verbally. What has dictated the substitution is not the resemblance between the things denoted but the sameness of the words used to express them. Where the two - word and thing - do not coincide, the formation of substitutes in schizophrenia deviates from that in the transference neuroses.

If now we put this finding alongside the hypothesis that in schizophrenia object-cathexes are given up, we shall be obliged to modify the hypothesis by adding that the cathexis of the word-presentations of objects is retained. What we have permissibly called the conscious presentation of the object can now be split up into the presentation of the word and the presentation of the thing; the latter consists in the cathexis, if not of the direct memory-images of the thing, at least of remoter memory-traces derived from these. We now seem to know all at once what the difference is between a conscious and an unconscious presentation. The two are not, as we supposed, different registrations of the same content in different psychical localities, nor yet different functional states of cathexis in the same locality; but the conscious presentation comprises the presentation of the thing plus the presentation of the word belonging to it, while the unconscious presentation is the presentation of the thing alone. The system Ucs. contains the thing-cathexes of the objects, the first and true object-cathexes; the system Pcs. comes about by this thing-presentation being hypercathexed through being linked with the word-presentations corresponding to it. It is these hypercathexes, we may suppose, that bring about a higher psychical organization and make it possible for the primary process to be succeeded by the secondary process which is dominant in the Pcs. Now, too, we are in a position to state precisely what it is that repression denies to the rejected presentation in the transference neuroses: what it denies to the presentation is translation into words which shall remain attached to the object. A presentation which is not put into words, or a psychical act which is not hypercathexed, remains thereafter in the Ucs. in a state of repression.

I should like to point out at what an early date we already possessed the insight which to-day enables us to understand one of the most striking characteristics of schizophrenia. In the last few pages of *The Interpretation of Dreams*, which was published in 1900, the view was developed that thought-processes, i.e. those acts of cathexis which are comparatively remote from perception, are in themselves without quality and unconscious, and that they attain their capacity to become conscious only through being linked with the residues of perceptions of words. But

word-presentations, for their part too, are derived from sense-perceptions, in the same way as thing-presentations are; the question might therefore be raised why presentations of objects cannot become conscious through the medium of their own perceptual residues. Probably, however, thought proceeds in systems so far remote from the original perceptual residues that they have no longer retained anything of the qualities of those residues, and, in order to become conscious, need to be reinforced by new qualities. Moreover, by being linked with words, cathexes can be provided with quality even when they represent only relations between presentations of objects and are thus unable to derive any quality from perceptions. Such relations, which become comprehensible only through words, form a major part of our thought-processes. As we can see, being linked with word-presentations is not yet the same thing as becoming conscious, but only makes it possible to become so; it is therefore characteristic of the system Pcs. and of that system alone. With these discussions, however, we have evidently departed from our subject proper and find ourselves plunged into problems concerning the preconscious and the conscious, which for good reasons we are reserving for separate treatment.

As regards schizophrenia, which we only touch on here so far as seems indispensable for a general understanding of the Ucs., a doubt must occur to us whether the process here termed repression has anything at all in common with the repression which takes place in the transference neuroses. The formula that repression is a process which occurs between the systems Ucs. and Pcs. (or Cs.), and results in keeping something at a distance from consciousness, must in any event be modified, in order that it may also be able to include the case of dementia praecox and other narcissistic affections. But the ego's attempt at flight, which expresses itself in the withdrawal of the conscious cathexis, nevertheless remains a factor common [to the two classes of neurosis]. The most superficial reflection shows us how much more radically and profoundly this attempt at flight, this flight of the ego, is put into operation in the narcissistic neuroses.

If, in schizophrenia, this flight consists in withdrawal of instinctual cathexis from the points which represent the unconscious presentation of the object, it may seem strange that the part of the presentation of this object which belongs to the system Pcs. - namely, the word-presentations corresponding to it - should, on the contrary, receive a more intense cathexis. We might rather expect that the word-presentation, being the preconscious part, would have to sustain the first impact of repression and that it would be totally uncathectable after repression had proceeded as far as the unconscious thing-presentations. This, it is true, is difficult to understand. It turns out that the cathexis of the word-presentation is not part of the act of repression, but represents the first of the attempts at recovery or cure which so conspicuously dominate the clinical picture of schizophrenia. These endeavours are directed towards regaining the lost object, and it may well be that to achieve this purpose they set off on a path that leads to the object via the verbal part of it, but then find themselves obliged to be content with words instead of things. It is a general truth that our mental activity moves in two opposite directions: either it starts from the instincts and passes through the system Ucs. to conscious

thought-activity; or, beginning with an instigation from outside, it passes through the system Cs. and Pcs. till it reaches the Ucs. cathexes of the ego and objects. This second path must, in spite of the repression which has taken place, remain traversable, and it lies open to some extent to the endeavours made by the neurosis to regain its objects. When we think in abstractions there is a danger that we may neglect the relations of words to unconscious thing-presentations, and it must be confessed that the expression and content of our philosophizing then begins to acquire an unwelcome resemblance to the mode of operation of schizophrenics. We may, on the other hand, attempt a characterization of the schizophrenic's mode of thought by saying that he treats concrete things as though they were abstract.

If we have made a true assessment of the nature of the Ucs. and have correctly defined the difference between an unconscious and a preconscious presentation, then our researches will inevitably bring us back from many other points to this same piece of insight.