

Make a précis of the given passage and suggest a suitable heading

Basically, psychoses and neuroses represent man's inability to maintain a balanced or equated polarity in conducting his life. The ego becomes exclusively or decidedly one sided. In psychoses there is a complete collapse of the ego back into the inner recesses of the personal and collective unconsciousness. When he is repressed toward fulfilling some life goal and where he is further unable to sublimate himself toward another goal, man regresses into goal structures not actually acceptable to himself or to the society. Strong emotional sickness of the psychotic type is like having the shadow run wild. The entire psyche regresses to archaic, animal forms of behaviors. In less severe forms of emotional sickness there may be an accentuated and overpowering use of one of the four mental functions at the expense of the other three. Either thinking, feeling, intuiting or seeing may assume such a superior role as to render the other three inoperative. The persona may become so dominant as to create a totally one-sided ego, as in some forms of neurotic behavior. All in all, whatever the type of severity of the emotional disorder, it can be taken as a failure of the psyche to maintain a proper balance between the polarities of life. Essentially, psychoses and neuroses are an alienation of the self from its true goal of self-actualization. In this sense the culture is of no consequence. Emotional disorder is not a question of being out of tune with one's culture so much as it is of being out of tune with one's self. Consequently, neurosis is more than bizarre behavior, especially as it may be interpreted by contemporaries in the culture. This interpretation avoids the sociological question of what is a mental disorder, since form of behavior which is acceptable in one culture may be considered neurotic in other culture. To Jung, the deviation from cultural norms is not the point. The inability to balance out personal polarities is. (324 words)

Too complex title, simplify it.

~~Emotional Disorders and Unbalanced~~ ~~Personnel~~ Polarities

In psychoses and
neuroses, man is incapable of achieving
balanced polarities in life. Within the
inner layers of unconsciousness, the
ego is destroyed, making one aspect of
it dominant. When man is forced
to strive for life goals, he develops
some unconventional objectives, leading to
animalistic behaviour. Even in less intense
cases, one of the four cognitive abilities
may become supreme while all the
others become futile. The disorder
is not about ~~non~~ nonconformity with
culture, but with one's true self as
it separates the self from the
aim of perfection. Thus, neurosis is
not just a deviation from culture;
it is an incapability of maintaining
balanced ~~attitudes~~ attitudes.

Ensure simplicity

Too long sentence

Ideas are fine though you have to ensure simplicity in prec