

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 unconscious. 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 behaviours. 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 as dominant as to create a totally one-sided ego, as in some forms of neurotic behaviour. 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 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 behaviour, especially as it may be interpreted by contemporaries in the culture. This interpretation avoids the sociological question of what is a mental disorder, since the form of behaviour which is acceptable in one culture may be considered neurotic in the other culture. To Jung, the deviation from cultural norms is not the point. The inability to balance out personal polarities is.

**(324 words)**



## Title: Mental Illness: An Imbalance of Polarities

Psychoses and Neuroses are mental illnesses defined by the inability to maintain a balance of Self. The ego may collapse to degenerate the psyche to an animalistic form rendering man ~~entirely~~ entirely demotivated. Less severe forms are characterized by one form of mental function overpowering the others. For example, the overinflation of the ego in neuroses rendering the other faculties of thought or emotion weakened. The resulting alienation of Self detracts the mentally ill from the true goal of Self actualization. Sociological explanations defining mental illness as an imbalance between Self and Culture are subjective and miss the main point. That mental illness is defined by the inability to balance personal polarities.

Word Count: 123 ± 5