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UNCONSCIOUSNESS

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- mental space being dark in nature
 - black out , syncope , unconsciousness , fall out

Unconscious – defines all past events and memories, though at times inaccessible to us no matter how hard we try to remember to bring things **up**. For example, the first word we've learned to say, or how it felt to **be** able to walk on our own.

The unconscious consists of those things that are outside of conscious awareness, including many memories, thoughts, and urges of which we are not aware. Much of what is stored in the unconscious is thought to **be** unpleasant or conflicting; for example, sexual impulses that are deemed "unacceptable." While these elements are stored out of our awareness, they are nevertheless thought to influence our behaviour.

Archetypes: These primordial images reflect basic patterns or universal themes common to us all and that are present in the unconscious. These symbolic images exist outside space and **time**. Examples are the shadow, animus, anima, the old wise **person**, and the innocent **child**. There are also nature archetypes, like **fire**, ocean, river, **mountain**.

- Anima is the archetype symbolizing the unconscious **female** component of the **male** psyche. Tendencies or qualities often thought of as feminine.
- Animus is the archetype symbolizing the unconscious **male** component of the **female** psyche. Tendencies or qualities often thought of as masculine.
- Self is the archetype symbolizing the totality of the personality. It represents the striving for unity, wholeness, and integration.
- Persona is the mask or image a **person** presents to the world. It is designed to make a particular impression on others, while concealing a **person's** true nature.
- Shadow is the side of a personality that a **person** does not consciously display in public. It may have positive or negative qualities.
- Dreams are specific expressions of the unconscious that have a definite, purposeful structure indicating **an** underlying idea or intention. The general function of dreams is to restore a **person's** total psychic equilibrium.
- Complexes are usually unconscious and repressed emotionally toned symbolic material that is incompatible with consciousness. Complexes can cause constant psychological disturbances and symptoms of neurosis. With intervention, they can become conscious and greatly reduced in their impact.

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