

Id then vs. Id now

Id then

The id is the first one of these three to form in your mind, it focuses on the wants and desires of you that you probably shouldn't do because you will get in trouble. I believe that this picture doesn't show my id, but the scar on my forehead does. When I was around one-year-old I went down to Brazil to visit my mom's side of the family, one day my parents went out to dinner with a couple of friends and I was left with my grandparents. I did not like being away from my parents for long periods of time, so a bit after they left I wanted to see them really bad and I needed to see them. I decided that the best idea was to go get them myself, so I tried to go down the big swirly stairs headfirst. I cracked my skull open and had to be rushed to the hospital to get three stitches in my head, but I got to see my parents.



Id now

The id is impulsive and unconscious, it is not affected by logic or reality. So everything you subconsciously do to help the id does not apply to the standards or logic or reality, as long as it helps the id get what it wants immediately. As you get older your id stays the same age, it is your primitive and newborn child type of thinking like I want it then I get it. My id now is different than my id back when I was a child, my id now wants things like to drink and smoke. One night after band camp I decided to hang out with my friends at my house without my dad being there, but he has previously said that it was ok for them to come over. Then us being a bunch of teenagers, we broke into my dad's liquor pantry and thought it was a good idea to start drinking. But my one friend didn't drink so that he could drive everyone home safely, but I thought since I was drinking that I was the coolest person ever. Then I woke up the next morning and had a terrible hangover, My dad could clearly tell after I woke up that we were drinking last night. We had a talk about it and he was happy that I told him, I still got in trouble. But he was glad that there was someone sober and that we made sure

everyone was home safe. It made me realize that I can't let my id take charge of my brain because it will only get me in trouble.



Superego then vs. Superego now

Superego then

Your superego is the part of your brain that tries to conform you to the standards of the human society. This part of your brain does not form until you are around five years old, so for the first five years of your life it is just the id and ego battling it out and usually, the id wins. But when you become five the superego appears and tries to set you on the path of what you believe to be perfect at the time. My superego when I was little thought that the perfect version of me was to put me in a dress and pigtails because that is what I was other little girls did, so I thought that I would look prettier if I did that too. I tried and tried to dress like that all the time, but I hated it. So instead I would dress in jeans and a tee-shirt like my guy friends. The superego also helped me control my id by stopping me from doing stupid things like running into the street when it was red because I wanted to pet a dog. It helps me figure out when it is the right time to do something when it is time to sit down and be quiet



Superego now

The superego is built to control your id and to make you think that everything the id does to make you different from everyone else is wrong. Your conscience makes you feel guilty and in the wrong for taking what you want when you want it. Then your ideal self makes you feel like a failure and not good enough when you don't look exactly like the girls in the magazines. Now my superego thinks that people like Kylie Jenner and Gigi Hadid are examples of a perfect human being, so it tries to make me look like them. When I don't look and weigh the same as a supermodel or a billionaire, my superego tells my brain that I am ugly and fat and failure. So I go on crazy diets and don't eat because my brain is telling me that I need to have a skinny waist like them. So when I look in the mirror and see all of my so-called imperfections, my superego tells me that I am not worthy of anything until I look like them.



EGO then vs. EGO now

EGO then

Your ego is the part of your brain that is the judge, it also keeps the id and superego in check. The ego has to find a way to satisfy the id's need for pleasure and the superego's need for perfection, but it stays away from the pain in the pleasure and the guilt in being imperfect. Your ego starts to develop when you are around three years old, so it is after your id and before your superego. My ego when I was young kept me from doing stupid things like cracking my head open a fifth time while making sure I still looked somewhat girly in the process. So some days I would wear a dress or a skirt to appease my superego and its need for me to look like every other little girl in the public eye. But other days I would wear jeans and a baseball shirt like the other guys so that my id could have fun getting dirty and roughhousing. The ego also made me think out my decisions before I did them so that I would have to go to the hospital for a fifth time because I thought it would be really fun to climb an unstable branch on a tree.

EGO now

The ego has no concept of what is right and what is wrong as long as it gets the job done without you or anyone that you like getting hurt in the process. When the ego fails at making you satisfied, it makes you feel anxiety and unconscious defense mechanisms are put up to make you feel good feeling instead. This is the decision making part of your personality, it makes these decisions that are compromises between your id's unrealistic world and your ego's realistic world. It tries to find a way to make what the id wants safe for you to do and what the superego wants you to look like reasonable to what you can do. My ego now keeps me from becoming **anorexic so that I can have a super small waist like the supermodels I see on Instagram and on the covers of magazines, it also keeps me from stealing things I really want and instead I just ask my parents for them. Now if my parents say no then I get this terrible feeling in my stomach like I am stupid for asking, but then my brain makes me think of this funny thing that my friend did the other day that made me laugh so hard.**