



Self-Analysis

Karen Horney

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Originally published the 1940s, this is one of the founding texts in the self-analysis movement. It still has much practical advice to offer to today's audience. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. Hesperides Press are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork. Feasibility and Desirability of Self-Analysis - The Driving Forces in Neuroses - Stages of Psychoanalytic Understanding - The Patient's Share in the Psychoanalytic Process - Occasional Self-Analysis - Systematic Self-Analysis: Preliminaries - Systematic Self-Analysis of a Morbid Dependency - Spirit and Rules of Systematic Self Analysis - Dealing with Resistances - Limitations of Self Analysis

Self-Analysis Details

Date : Published June 1st 2006 by Hesperides Press (first published January 1st 1942)

ISBN : 9781406797480

Author : Karen Horney

Format : Paperback 312 pages

Genre : Psychology, Psychoanalysis, Nonfiction, Self Help, Health, Mental Health

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Ranny says

I found out about Karen Horney's work a little before I started seeing a therapist as my natural inclination to come fully armed and informed instigated the search for psychoanalytical theories that may help answer questions about what to expect. I started reading *Neurosis and Human Growth: The Struggle Towards Self-Realization* but I never got to finish it, even though I initially found it interesting. I think, over time, I found it too tedious and clinical to keep my attention.

Fast forward to today, and I wish I tell my younger self to read *Self-Analysis* instead of the other book prior to starting therapy instead. Despite being published in the 1940s, it has been extremely illuminating, relevant & thought-provoking.

I'm starting to realize what my therapist actually expect out of me, and it's been extremely helpful to realize that I can do the analysis on my own. The book identifies the pros and cons of self-analysis, the contribution of both patient & analyst as well as the process you undergo when you do it. I've started to ask questions revolving around my actions and reactions, and have gotten considerably further in this junction than if I had allowed my therapist to subtly guide me into analyzing my behaviors in the first place.

I highly recommend this book.

Steve Woods says

This is a very useful book, I am surprised that it was written so long ago and that it has received so little attention. As a person coping with a severely abusive childhood and complex ptsd as a result of service in Indochina, like so many others I struggled with life for an amazing 30 years before crashing and burning. I found myself in the hands of the so called mental health professionals. As it was I was lucky, I landed in a place where there were people on staff who actually favored this reliance on self directed analysis with judicious assistance from professional help as needed. This flies in the face of the standard approach taken by so many which assumes as Frued promoted, that there is an absolute necessity for a professional to carry out the "healing". The underlying assumptions derive in my view from the Judeo Christian view of the individual as being fatally flawed and totally reliant on outside intervention for "redemption" or "salvation." This is the basis for the western cultural model behind the practice of medicine. people expect the "cure" to be handed to them by some power greater than they, i.e. the doctor. The same attitude has permeated the mental health profession, much to the detriment of many. After an initial exposure to the approach Horney outlines here, I was ultimately co opted by the standard practitioner's the more enlightened institution that had been my first port of call went under and was subsumed, not unexpectedly by a conglomerate health provider. I became like so many the benighted recipient of the philosophy that I was fundamentally and irrevocably damaged and all that could be expected was management by "the professionals" with the judicious use of drugs. Bastards nearly killed me. I was lucky to drift into Buddhist practice which bares many similarities to the process of self analysis outlined here and to the first approach to my difficulties to which I was exposed. It made sense to me and I was on familiar ground. Over the last 8 years I have been engaged with that practice as a lynchpin in precisely the process Horney outlines here and everything she puts forward rings true in the light of my own experience. Thankfully there has been for me a great unfolding in this journey. I have little faith in the efforts of the so called professionals and on my yearly trips back to an

institution dealing with many combat veteran's for physical checkups I see the results of the perceived wisdom applied. it keeps these poor souls trapped and helpless, totally reliant on the "expertise" of people following a flawed philosophy that has been proven nigh on useless. But then there are now substantial financial interest in Australia to whose benefit it falls to keep the suffering, suffering!

Nona says

Being written in 1940, this is a very useful book for everyone. It is written in an easy form, so everyone can understand.

Self-analysis is a very useful thing to do from time to time, to be in a sane place. There are things that only the individuals can understand within themselves and even give more correct and quick solutions than the psychoanalyst due to the fact that psychoanalyst might not know the person very well yet.

Jianjiang Li says

I am a big fan of Karen Horney since I read one of her works two years ago. After that I spent lots of time to finish all the Chinese version of her works. Self-analysis is the first one in English of her works I have read. It is quite difficult , to be honest, but it is fun as well.

Anton Shanaurin says

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Arash Maqsudi says

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Ucar Baris says

s. 17

Hastan?n, kendi arzular? ne olursa olsun her ?eyi bir ba?kas? bunlar? bekledi?i iin yapmaya gsterdi?i e?ilim, onun iin nemli bir sorun kayna??d?r; dolay?s?yla bu e?ilimden yararlanmaya al??mak de?il, bunu analiz etmek gerekir.

s. 35

Nevrotik e?ilimlerin en belirgin tipik zelli?i, bunlar?n kendini temel yoldan belli eden zorlan?ml? yap?s?d?r. ?lk elden, bu e?ilimlerin amalar?, ko?ul, durum ya da nesne ayr?m? gzetmeksizin izlenir. E?er sahip olunmas? gereken ?ey sevecenlikse, birey bunu dostundan da, d?man?ndan da, i?vereninden de, kundurac?dan da grmelidir. Kusursuzluk ihtiyana saplanan bir insan oran duygusunu byk lde yitirir.

Onun için çal??ma masas?n?n hatas?z bir düzende tutulmas?, önemli bir raporu kusursuz bir ?ekilde haz?rlamak kadar mutlak bir zorunluluktur.

Ayr?ca bu e?ilimlerin amaçlar?, gerçeklik ve gerçek öz-ç?kar kesinlikle dikkate al?nmaks?z?n izlenir.
s. 54

Hiçbir irade bizi Pazar gününün ö?len sonras? trafik s?k??kl???ndan kurtaramaz. Yar?ca etkisini kan?tlamak kendi içinde bir amaç olursa, iradenin yap?sal etkisi ortadan kalkar. Anl?k dürtülerin önüne ç?kan her engel, bu nevrotik e?ilimin pençesindeki ki?iyi söz konusu nesneyi istesin ya da istemesin, körü körüne ve ç?lg?nca bir eyleme sürükleyecektir. Asl?nda burada i?ler tersine döner: ?radeye sahip olan o de?ildir, irade ona sahip olur...

David says

Case examples improve the readability of what would otherwise be a very dry rendering of theory. Karen Horney is optimistic about a cure for neurosis and human growth, and has an egalitarian approach to psychoanalysis compared to her peers, as evidenced by her seeing herself and the patient as collaborators and by suggesting that self-analysis is even possible.

Johnny says

very interesting. a bit old-fashioned i guess, and academic.

Rachel Archelaus says

I read this for a school paper but was astonished to find that it still so relevant. I had just read a book by Debbie Ford in which she advocates finding the ego structures we make during childhood and eliminate them. This book of self-analysis described just how to do that but with much more insight and guidance.

Michelle Fields says

I heart Karen horney bigtime

Mehmet says

?nsan psikolojisi uzmanlar?n?n yazd?klar? bana hep çok samimi gelmi?tir. Kendi kendine psikanalizin imkan? var m?? Karen Horney, belli ?artlar çerçevesinde bunun bir dereceye kadar mümkün oldu?unu anlat?yor kitab?nda; ayr?ca hastalar?n?n kendi kendilerini psikanalitik olarak çözümlemeleri ile ilgili örnekler veriyor. Freud, "kendi kendine analiz mümkün de?ildir" diyor; ancak Karen Horney o kadar kat? de?il.

Hastan?n analiz ortam?nda psikanalist ile olan ili?kisinde en önemli unsurlardan biri direnmedir, direnmelerin kayna?? ortaya ç?kart?l?nca bunlar? yaratan psikodinamik süreçler ortaya ç?kar?labilir ancak

kendi kendine psikanalizde direnme mümkün değildir. İnsan, kendi analizinde kendine karşı ne kadar samimi olabilir? Bu soruların cevapları ile ilgili kitapta bir sürü ipucu var.

Teri Temme says

Awesome book written in the 1940's. I live my life free associating, that was kind of funny - apparently some people fear that LOL.

Favorite quote: "What matters is the spirit and not the rules."

Zeinab says

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Mojtaba Eslami says

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