

The
Freud **I**an

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VOLUME I

INTRODUCTION

The structure of the personal pronoun I (PPI) can be correlated directly with Freud's psychoanalytical theories. Although this research does confirm several Freudian concepts, it is not the author's intent to defend or denounce the work of Sigmund Freud.

Over the years there has been considerable attack on portions of Freud's work. Even his close associates, Carl Jung and Alfred Adler, parted company with Freud and denounced some of his theories. They differed with Freud's stance on the sexual role in personality development and his belief that the personality is shaped and defined at a very early age. A great deal of Freud's work has been substantiated by modern day researchers, even though there are opponents to his theories.

This research does confirm that a great deal of the personality is formulated at an early age and forever affects the manner in which the personality develops and responds to its environment. It is also recognized that certain traumas experienced later, during the maturation process, can alter portions of the personality. This later personality development falls more in line with Jung's and Adler's theories, however, unconscious defense mechanisms, complexes and fears have a far greater significance in personality development. They are more significant because they are hidden in the unconscious and are not recognized by the individual. This permits these traits to continue to affect the way in which the personality deals with the environment.

The type of traits that can be analyzed from the PPI are extremely significant. They appear to be the foundation or

cornerstone of the personality and are basic to personality development per Freudian psychoanalytical theory.

If a personality assessment is made with the theories presented here, using only the PPI for the analysis, you will discover splattered throughout the remainder of the handwriting the results of the personality's attempt to continuously adapt to it's environment with the least pain to the personality. The personality will attempt this adaptation with successful methods it has used at earlier stages of it's development or methods developed with experience and knowledge it has gained. In the background, however, resting in the unconscious mind are recordings of events from the past. These past recordings will not always be accepted or interpreted as accurate information. They are recorded and interpreted by the personality as they are experienced. Childhood events will be recorded as the child had interpreted them at the moment of experience. Since a child does not have the experience nor the maturity to make accurate analyses, the events recorded in the unconscious are likely in error to some degree.

The ability to assess childhood personality development is an extremely powerful tool and will provide insight into personalities that has not been available to date. It provides a means for identifying the conflicts that the child experienced from within the first year of the child's development and later. It is possible to identify such things as the basis for a person's obesity to detecting the rapist.

PERSONALITY STRUCTURE

Freud conceived the personality as being composed primarily of the id, ego and superego. They are not separate entities that exist alone. In the unified personality, the id, ego and superego are a harmonious organization. Working in unison they permit the individual to fulfill basic needs and desires through transactions with his environment. In the maladjusted personality, the three parts are not harmonious and the person is dissatisfied with his environment and himself.

Figure 1 is a representation of the total personality and those components that are significant.

id

The id is the energy system within the personality. This psychic energy can be equated to any form of other energy - chemical, electrical, mechanical, thermal. Psychic energy, however, is the energy that operates the personality. It performs the psychological work of thinking, perceiving and remembering, just as electrical energy lights the bulb, turns the motor, heats the water, etc. This psychic energy is used for instinctual gratification to satisfy the initial principle of life which Freud called the "pleasure principle". The id only knows the pleasure principle and cares for nothing else. It knows no laws, follows no rules and considers only its own needs. The aim of the pleasure principle is to rid the person of tension or reduce it to as low a level as possible. Tension is experienced by the personality as pain and discomfort from exposure to internal and external disturbances. The relief of this tension is then experienced as pleasure or satisfaction. The internal and external disturbances are generated by reflex action and wish-fulfillment. In wish-fulfillment the energy is used to produce an image of the instinctual object.

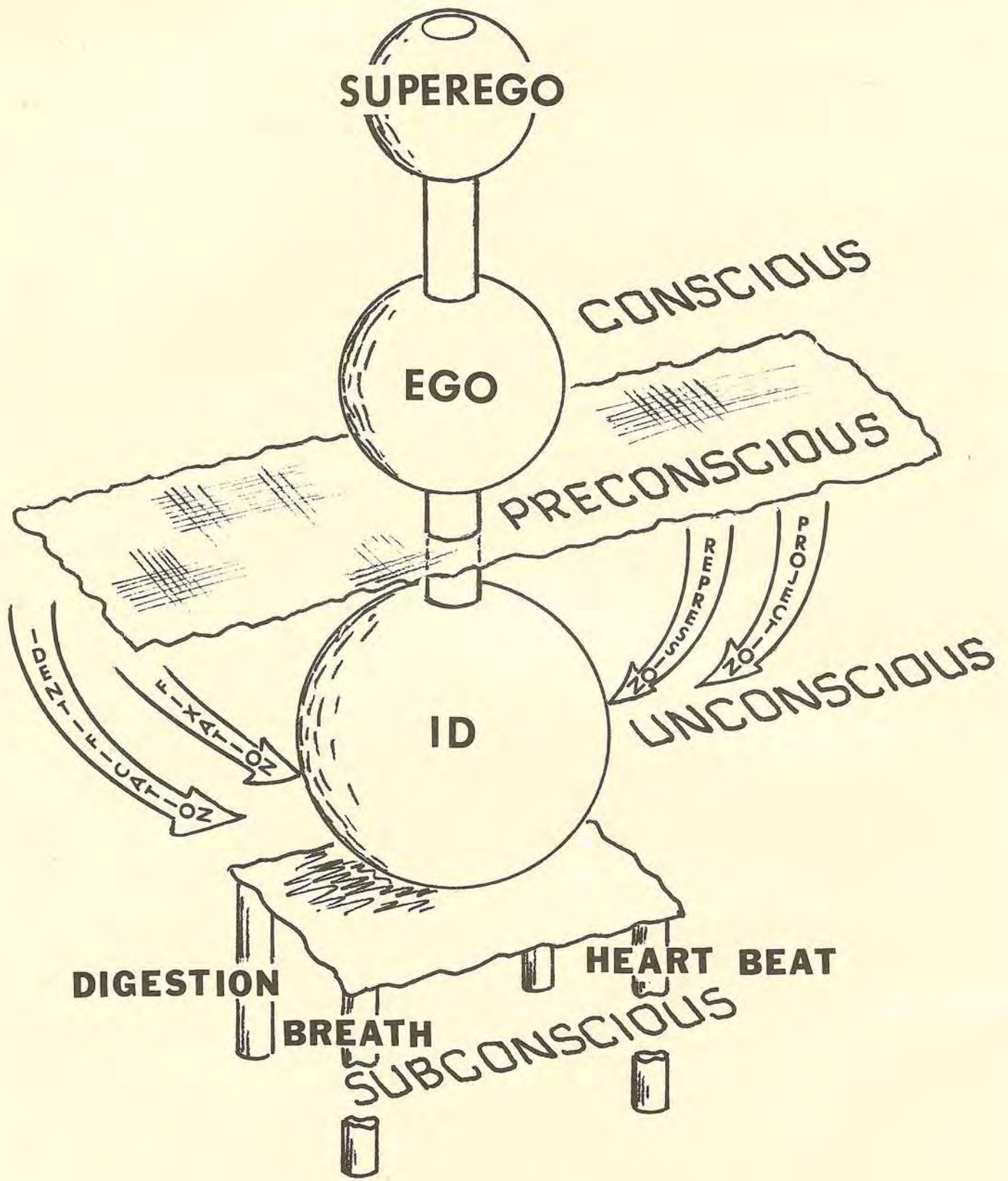


Figure 1

In reflex action the energy is automatically discharged in motor action such as closing the eyelid when a bright light strikes the eye, sneezing to expel irritants from the nose, opening the valve to empty the bladder, eating food, etc.

In Figure 2 we may observe the internal stimulus as the excitation or tension produced by the hunger instinct. Wish-fulfillment may produce an image, but this does not relieve the tension created by hunger instinct. The energy imparted to motor action will satisfy the hunger instinct if it results in consumption of food. The id is unable to distinguish between what is real and what is not. It must rely on the ego to distinguish what is real.

An infant is a close representation of the id in its natural state. It may stick its fingers, a block or any object in its mouth in an attempt to relieve the tension created by the hunger instinct. With an undeveloped ego, it cannot distinguish which object is food. An example of the external stimulus would be when a bright light strikes the retina causing excitation of the nerves in the eye. The eyelid closes by the motor action and shuts out the light, thus relieving the tension.

This phenomenal psychic energy system gives man his will to continue and sparks all other energy systems which might be imposed on it. It is the power plant for man's existence.

In handwriting, the psychic energy exhibited by the id is represented by the pen pressure used in the formation of the PPI. There is no question of the energy of a person who writes with a heavy hand. We say he is a sensuous personality and know that trauma and events affect him more than a light pen writer. In normal circumstances you will see very little difference between the pressure exerted by the pen in writing the PPI and the remainder of the person's handwriting.

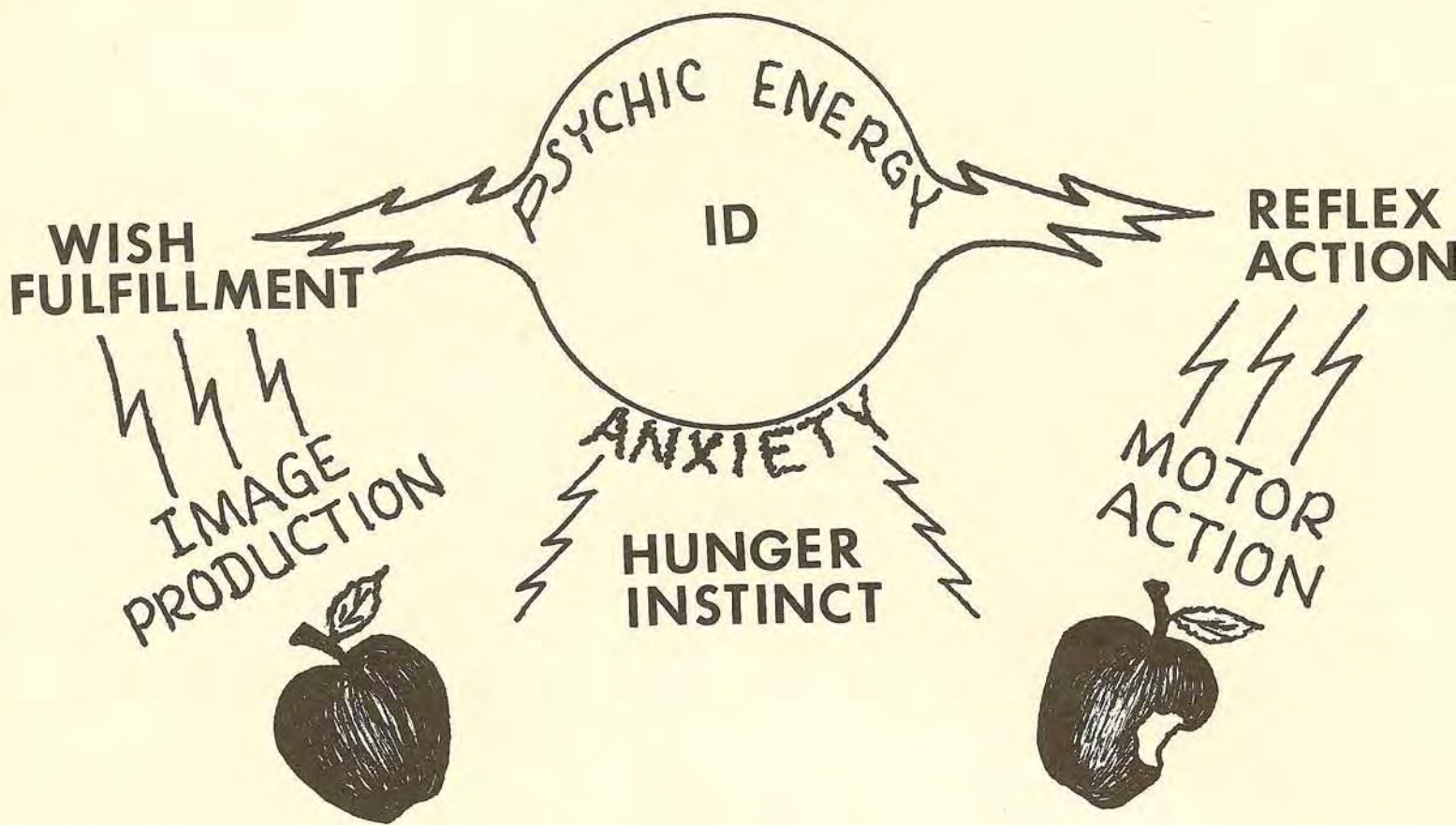
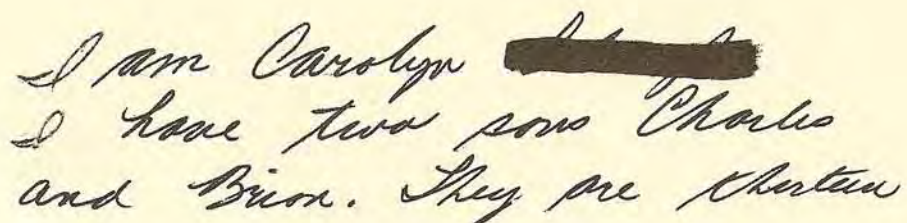


Figure 2

We see and read many examples of persons having a high energy id. These persons have difficulty controlling the pleasure seeking drive of the id. Part of the problem of control of the id results from disturbances between the id, ego and superego. However, the murderer, the drug addict, sensuality, even obesity can be related to a high energy id. You will find many handwriting samples of these types of personalities and they will exhibit heavy pen pressure. When the id, ego and superego are more in harmony, the high energy id's pleasure seeking drive will be diverted to more socially acceptable pursuits as exemplified by the heavy hand of many famous people.

In the reverse sense, we expect to find that a light pen writer has less energy. This again is a known fact to all handwriting analysts. We may then ask, "What if we find handwriting with the PPI written very lightly as compared with the remainder of handwriting?" The following samples are examples of persons having a PPI written lightly.

Figure 3 is the handwriting of an attractive 33 year old divorcee. The sample was written two months after an attempted suicide. She had undergone therapy and was released from the hospital. Two months later her boyfriend left her and she committed suicide the following month. She had a strong need for someone important in her life. This need was created because of an oral fixation which we will discuss later. Without the driving energy of the id, she found little meaning for living. She was unable to cope and took her life.



I am Carolyn [redacted]
I have two sons Charles
and Brian. They are Christian

Figure 3

Figure 4 is the sample of a 35 year old housewife who is presently under psychiatric treatment as a manic depressive. She attempted suicide after being involved in a love triangle. The difference in pressure between the PPI and the remainder of the writing is not as pronounced as the woman's in Figure 3, but a definite measurable difference can be made.

I am as I am

Figure 4

Two more examples of persons committing suicide and having faintly written capital I's can be found in Jane Nugent Green's You and Your Private I. She indicated that both persons gave the outward appearance of having everything to live for and were leading productive lives.

A sample of Ernest Hemingway's handwriting appears in You Are What You Write by Huntington Hartford. Hemingway committed suicide in 1961 at the age of 62. This sample shows a faintly written PPI.

ego

The ego is an extension of the id and follows the "principle of reality". It does not set ethical value judgments but simply maintains control. It is the organized part of the personality and decides what part of the id needs to be satisfied. Without the ego, the id would destroy itself. If the ego surrenders too much of its power to the id, superego or external world, disharmony and maladjustments will result. The ego has no energy of its own but utilizes the energy diverted to it from the id. If Figure 5 we see this energy activates memory, judgment and reasoning, etc., which had existed as innate and latent tendencies in the personality.

In the primary process, as observed in Figure 2, the id forms images which are not realities. Since it is unable to relieve the tension created by these images, it invests energy into the ego in the secondary process to permit the ego to find and identify a real image that will provide relief.

Operating on the "reality principle" the ego postpones the discharge of energy until the actual object that will satisfy the relief of tension has been discovered or produced. As an example, the infant without much of an ego will put anything in its mouth to satisfy its hunger. The ego, therefore, invests energy to postpone motor action until a suitable food is found. The child with a properly developed ego will put off eating until it recognizes an edible object. If it doesn't, it may as an infant put something in its mouth that causes pain; thus, without the ego the id could destroy itself. The "reality principle" only postpones the institution of the "pleasure principle".

In handwriting the ego is the solid line on the right side of the PPI as shown in Figure 6. It begins at the top of the downstroke and ends when the stroke changes direction.

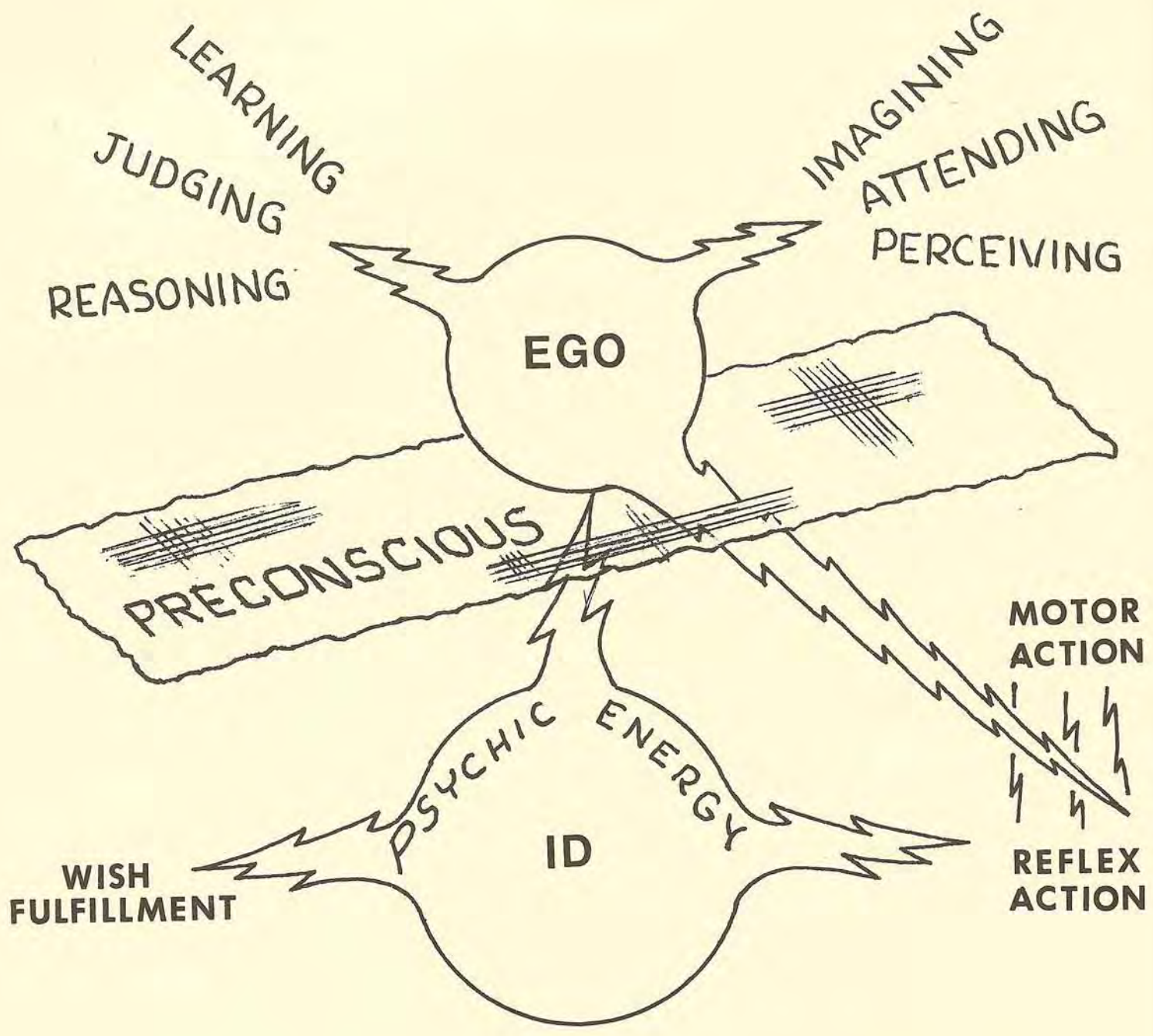


Figure 5

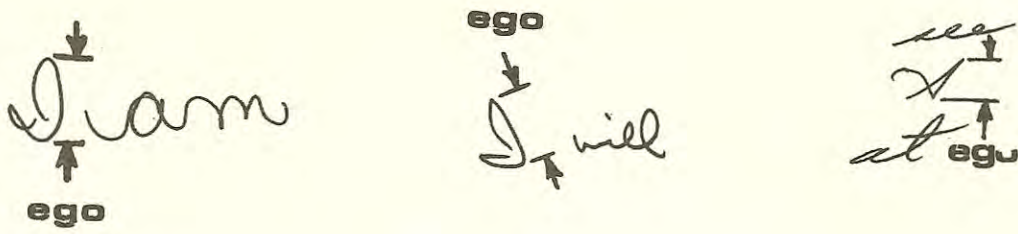


Figure 6

The ego develops and grows as the child grows and is modified greatly by his environment. He may face many dangers and hardships and how he is able to deal with them can have a great effect upon his development. Healthy ego development will occur when the dangers and hardships grow in strength as the child grows. They should not be strong enough to disable the child, but be of sufficient strength to permit the ego to develop. In the other extreme, sheltering and overprotection can postpone ego development. This will result in the personality's inability to deal with problems that are common to its particular age group. The initial development of the ego is a result of a mechanism called "identification". By diverting energy into the ego, the ego converts reality into accurate mental representations. Learning to differentiate between images (what is in his mind) and reality (what exists outside his mind) is identification. When a person dreams, he is unable to distinguish between what is real and what is not because it seems real. The dreamer experiences the same emotions that he does when the event is real. To the dreamer it appears as if his dream is actually taking place. If, however, the person were watching a movie, he would know that what he sees is not the actual object but only representation. By means of identification energy is made available for realistic thinking which replaces the id's wish-fulfillment. The successes obtained by the ego in gratifying the instincts permits more and more of the id's psychic energy to be diverted to the ego. As the ego grows in strength, the id weakens.

Failure of the ego to satisfy the id's needs can permit the blocked off energy of the id to overwhelm the ego and produce impulsive personality behavior. This is what occurs when you lose your temper.

A personality that successfully identifies with another person will resemble that person. The tendency to imitate other people and their actions accounts for children resembling their parents by the assimilation of the characteristics and goals.

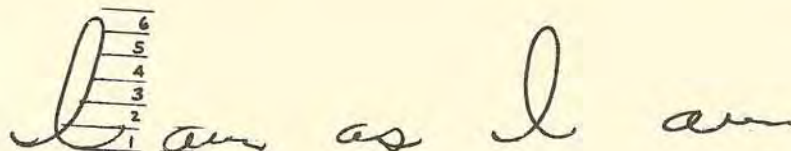
There are four types of identification and they are (1) goal-oriented, (2) object-loss, (3) with an aggressor, and (4) narcissistic. The motive force of the first three is supplied by anxiety, inadequacy and frustration. Identification serves the role of relieving tension by controlling the motive force.

In goal-oriented identifications, the person will satisfy his own wishes of not achieving by identifying with a person who has achieved. For example, a desire to become a great athlete and the resulting frustration of not achieving is relieved by identifying with a superstar. He identifies with the goal achieved by the superstar because he cannot achieve the same goal. Movies are popular because identity can be made with the hero, heroine or even the villain.

Object-loss identification is found in children who may have lost a parent or are rejected. They may model their character after the lost parent or adopt characteristics of that parent. This will be more prevalent in children who exhibit an Oedipus complex. The Oedipus complex is exhibited in the PPI and will be discussed later. If rejected, they will try to behave as parents expect to gain parental love. When the child begins to assimilate the standards and values of the parents, he begins the development of the ego-ideal which is discussed later.

With an aggressor identification, the person identifies with the potential enemy for fear of punishment. The conscience is built on this type of identification. He will regulate his behavior to avoid punishment. The German people did this in mass with the Nazis during World War II. By identifying with the authority figures, the personality becomes socialized. He submits to society's rules to avoid punishment.

Narcissistic identification does not depend on inadequacy, frustration or anxiety. It is based on narcissism (self-love). Primary narcissism signifies feelings that arise from body pleasures such as thumb sucking, expelling or retaining feces, etc. Secondary narcissism is that feeling of pride the ego experiences when it identifies with the ideals which are internalized representatives of the parents' moral values. Examples of narcissistic identification are identification with the same material possessions or personal traits. A Cadillac owner may identify more with a Cadillac owner than a Ford owner. Membership in the same club, organization, fraternities, etc. are examples. The person's handwriting represented by Figure 7 will hardly sit in the same room of anyone he feels is mentally inferior to him.



The image shows a handwritten signature that reads "I am as I am". To the left of the first "I", there is a vertical scale with numbers 1 through 6, each corresponding to a horizontal line that spans the width of the letter "I".

Figure 7

If narcissism is extreme, a person may choose a love object which resembles himself such as in homosexuality or a masculine woman. Other factors seem to play a significant role in homosexual development other than narcissism. Homosexuality is related to primary narcissism rather than secondary narcissism.

Narcissism is directly related to the height of the PPI. Those persons with very tall PPI's will exhibit strong narcissistic identification.

Sensuality will also be exhibited with primary narcissism as per Figure 8. Other factors presented later will elaborate on this PPI and will explain what contributed to his homosexuality.

*Hope you had a
happy holiday. I like you*

Figure 8

The superego is formed out of the ego by identification with the child's parents. It assimilates their moral authority and replaces it with its own inner authority. The child identifies out of a desire for approval and a fear of punishment and this identification is based on idealistic values rather than realistic values. It strives for perfection rather than reality or even pleasure. The superego consists of the ego-ideal and the conscience (Figure 9). The superego has the power to reward and punish because of the identification with the parent's powers to reward and punish. The ego-ideal is, therefore, related to the child's idea of what is morally good. The conscience portion of the superego punishes the ego for the child's idea of what the parents feel is bad. It does this in the form of shame and guilt.

The superego may reward or punish the ego by allowing it to fantasize or imagine something. In other words, the reward or punishment does not have to be physical in nature. The superego can punish the ego for thinking bad thoughts even though it did not perform the act. Enjoying an expensive meal for hard work would be an example of a physical reward allowed by the superego. On the other hand, an upset stomach or careless accident could be the superego punishment.

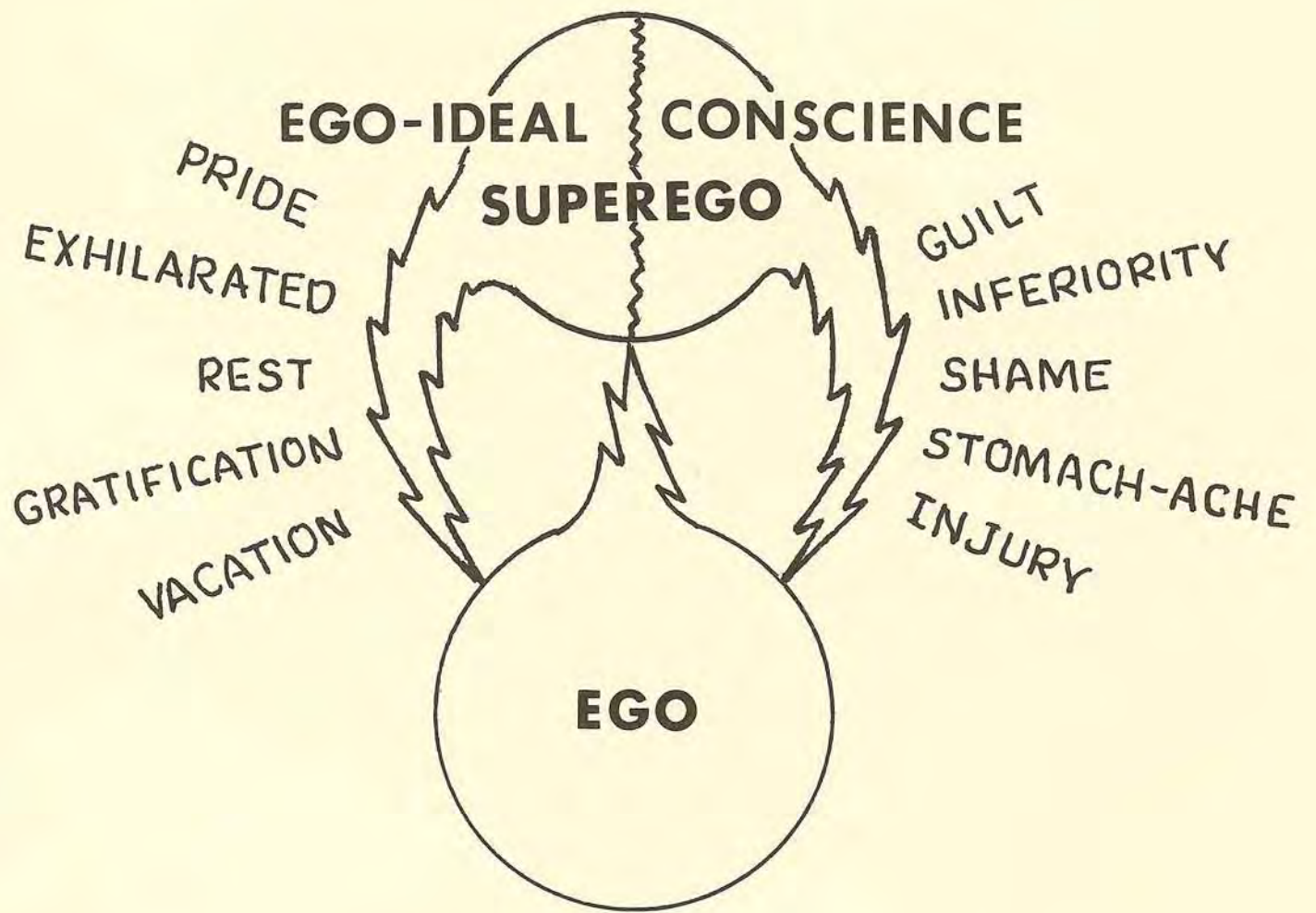


Figure 9

Pride is a psychological reward by the ego-ideal for being virtuous. Pride is, however, a form of secondary narcissism. In other words, the ego loves itself for being virtuous. A feeling of inferiority and shame is the psychological punishment by the conscience for the ego's bad thoughts or actions. The guilt or inferiority is a form of self-hate.

The formation of the superego is, in reality, the values and ideals of the superegos of each of the child's parents. Parents pass along their virtues by rewarding the child for following their standards. Therefore, this becomes the means to promote cultural tradition. It will change and evolve as society changes and evolves. As parents spend less and less time with their children as a society, then cultural tradition is more susceptible to change as we experienced through the 1960's.

The formation of the superego is through identification with the parents. It is necessary, therefore, to discuss the phallic stage of development of the child because the superego and phallic symbols are one in the same in the structure of the PPI. To maintain the proper sequence of a child's development, we will discuss stage one, the oral stage. The third stage of development, the phallic stage, will be discussed later.

oral stage

Freud speculated the child must deal with the mastery of impulses involving different body areas. The body has three principal erogenous zones. Manipulation of an erogenous zone relieves irritation such as when scratching relieves itching. The mouth is one of the erogenous zones that is associated with satisfying a vital need such as eating.

Pleasure is derived by putting things in the mouth and manipulating. Stimulation of the lips and oral cavity through this process produces erotic pleasure. Biting produces oral aggressive pleasure and normally occurs after the infant grows teeth. When an infant puts something distasteful into his mouth, it learns to spit

it out and also close its mouth against painful objects. In addition, the infant attempts to hold onto pleasureable objects to prevent removal. The infant, therefore, learns five modes of functioning. They are (1) taking, (2) holding on, (3) biting, (4) spitting out, and (5) closing.

These modes of functioning are prototypes for personality traits. When one or more of these modes are successful in adjusting to pain or anxiety, then they will be used later in similar situations. The prototypes will yield the following traits:

| | <u>Prototype</u> | <u>Trait</u> |
|-----|------------------|--------------------------------|
| (1) | taking in | acquisitiveness |
| (2) | holding on | tenacity and determination |
| (3) | biting | destructiveness |
| (4) | spitting out | rejecting and contemptuousness |
| (5) | closing | refusal and negativism |

If, during the oral development phase, the infant encounters negative conditions, it will develop an oral fixation that will leave a permanent stamp on the personality. The negative conditions may be overindulgence, frustration or unfulfilled oral needs.

Oral fixation is measured in the bottom stroke of the PPI, as indicated in Figure 10.

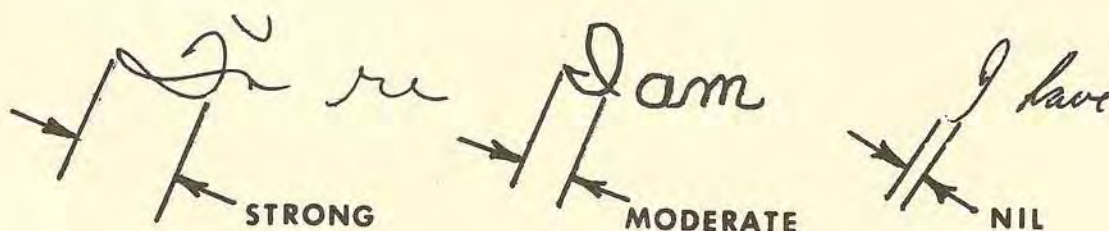


Figure 10

Giving of food by the mother when obedient and withholding when disobedient results in the infant associating this as either love or approval or rejection and disapproval. The infant experiences anxiety when the mother rejects or leaves it because it loses its oral supplies. If a great deal of anxiety builds up, the infant will become overly dependent upon the mother and others. It develops a dependence attitude requiring things to be given when it is good and taken away when bad. Such a person has an oral-dependent personality. Traits of this type of personality are dependency, passivity, pessimism, preoccupation with food or eating, greed, and overabundant speech or chatter. They will crave approval and support from those they consider significant. Submission and passivity are used to maintain contact with a potential supporter. They will even conform to the unreasonable judgments of others. They are prone toward overeating, smoking and consuming large amounts of alcohol.

The following PPI's are from a family of six children. All are in their 30's and 40's.

I am *I'm* *as I am* *I R* *In the* *I'm*
1 2 3 4 5 6

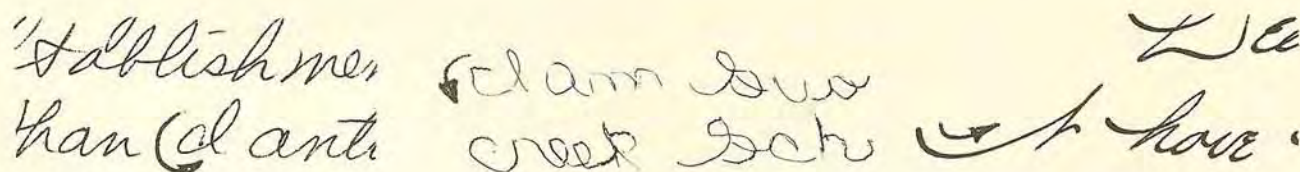
Figure 11

Samples 2 and 4 show indications of oral fixation. Both persons have weight problems while the other four family members are and have always been thin. Sample 2 was a breast fed baby, but the mother kept running out of milk and had difficulty feeding the infant. Sample 4 was cared for by babysitters while the mother was employed and was never fed properly. She is the only family member who smokes.

anal stage

The anal stage occurs during the second to third year of the child's development. The anus is the second erogenous zone and derives satisfaction by elimination to satisfy a vital need. During the toilet training period, the child must learn to control his involuntary expulsive reflexes. This is the first time the child is confronted with an external authority demanding control of an instinctual drive, the wish to defecate. If the anxiety builds up in the child and the toilet training becomes traumatic, he may develop an anal fixation. Anality has been related to a negative response to praise but a positive response to monetary rewards. Paramount to anality is in obstinacy in shifting one's opinion. Orderliness, economy, collecting or hoarding and punctuality are also traits of anal fixation. In the extreme case, sadism exists.

The anal fixation personality is identified in the structure of the PPI as a reversal in strokes as shown in Figure 12.



Establish me
than (cl) anti
claim two
over get
I have

Figure 12

Figure 13 is the handwriting of a 19 year old male. His father was toilet trained by his father by beating him with a belt each time. The 19 year old was, therefore, subjected to similar threats during his toilet training period. His father was extremely harsh and prone to violent outbursts. The young man compulsively records and collects all baseball games on television, tapes television programs and saves everything.

Faircett-Majors and Jaclyn In
It's all business-as-usual for t

Figure 13

The handwriting of the 12 year old male in Figure 14. is also written in reverse. He was toilet trained by the father by taking him into the shower and rubbing his feces on his body. He is extremely obstinate and not subject to motivation through praise. Although his parents had difficulty trying to motivate him to do well in school, he once brought his C average performance in a single grading period to all A's from a promise of a monetary reward.

I am as I am

Figure 14

The handwriting in Figure 15 is that of a sadistical 27 year old male convicted of killing eight people. He developed a strong urge to kill at a young age and began killing lower forms of life. He eventually elevated to killing humans. This is the more extreme form of an anal personality.

I am left-handed and very nearsighted; myopia.
I am seeking relief through a form of law

Figure 15

Although the samples exhibit severe and unusual treatment during the toilet training period, the event is always traumatic for the child. The threat or fear of punishment can cause anal fixation just as easily as harsh physical treatment.

phallic stage

The phallic stage of development occurs after the oral and anal stages around the age of two and extends through the age of five. During the phallic stage, the child discovers and enjoys the manipulation of the sexual organs in the form of genital curiosity.

The development of the superego occurs during the phallic stage as well as the resolution of the Oedipus complex. Oedipus was a figure in Greek mythology who killed his father and married his mother. The resolution represents the earliest important instance in which the superego assumes control of the child's personality.

At the age of two, the male child normally loves his mother because of the close and frequent personal contact and dependency and only identifies with his father. As the sexual urge grows, the child's love for his mother assumes a stronger role and he views the father as his rival. This situation is called the Oedipus complex. If his feelings persist and he is unable to resolve the dilemma, he will later exhibit phallic fixations. Such fixations may result in an inability to distinguish or accept an adult sexual role. He may even feel guilty for desiring his mother and reject all women because they make him feel guilty also. This may result in a tendency toward homosexuality.

When instinctual energy is rechanneled from object to object the process is called displacement. An inability to obtain exclusive possession of his mother may find the child substituting his school teacher followed by a neighbor, older sister, etc. looking for the perfect substitute through displacement. This search piles up energy that is channeled to his interests, habits, attitudes, etc. which are all affected by this displacement of energy.

Normally, he resolves the Oedipus complex for fear of harm from the father, maturation and the realization that he is unable to fulfill the needs of his mother. He then intensifies his identification with either parent which results in the formation of the superego. The superego replaces the Oedipus complex.

In the case of a female child, her first love is also the mother. Normally, there is not an early identification with the father. Although there is considerable disagreement as to the reasons for the weakening of the attraction for the mother in the field of psychology, in any event the Oedipus complex results when she develops a love for her father and is jealous of her mother.

In the PPI, the phallic symbols are indicated as shown in Figure 16.



Figure 16

When the two phallic symbols are extremely different (one large, one tiny), the Oedipus complex was not resolved. Examples are shown in Figure 17.

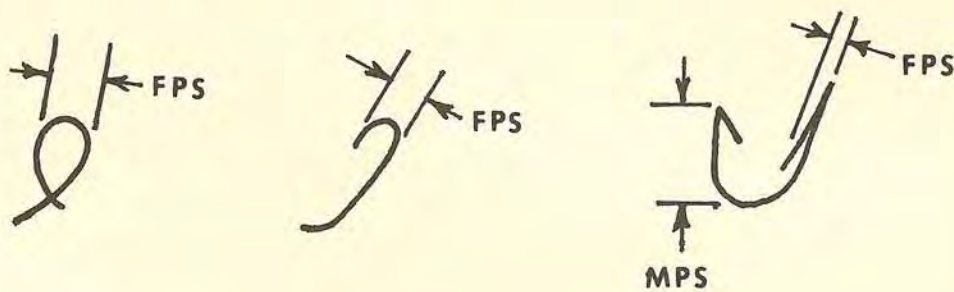
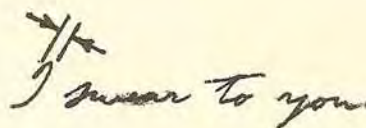


Figure 17

Walt Whitman's handwriting in Figure 18 displays an unresolved Oedipus complex in his PPI. He had an abnormal attachment for his mother and never fully identified with his stern disgruntled father. During his childhood he probably involved himself in seeking the ideal substitute by a series of displacements to satisfy his desire to have exclusive possession of his mother. He felt guilty for desiring his mother which resulted in homosexual yearnings. An inability to satisfy his sexual cravings and a pile up of instinctual energy was displaced in his poetry. This was his release from his unresolved Oedipus complex.



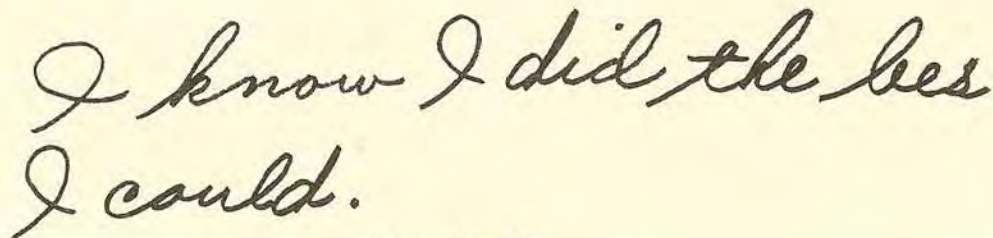
I swear to you

Figure 18

Whenever a displacement becomes a substitute for a higher cultural goal such as intellectual, artistic or humanitarian endeavors, it is called sublimation. Whitman's poetry, therefore, was a sublimated expression of his homosexual yearnings.

Other great contributions to the arts as by Shakespeare, Tschaikowsky and Proust were all believed to be sublimated expressions like Whitman's.

Liberace's handwriting in Figure 19 has a PPI that indicates an unresolved Oedipus complex, thus he has directed his energies into his music and showmanship.



I know I did the best
I could.

Figure 19

ego defense mechanisms

The infant in its normal state of immaturity will use all defenses available as a means of reducing anxieties. If the ego is not successful in handling the danger, it will divert its energy into its defenses (Figure 20). These defenses then become influential and will tend to take control of the ego's flexibility and dominate it.

These defenses were referred to by Freud as ego defense mechanisms. They are established at a time when the infant or child does not have the ability to utilize and synthesize all of the demands on it. If the ego cannot reduce anxiety through rational means, then it develops the defense mechanisms to protect it from the external source that creates its anxiety. Failure of the defenses can result in the ego being overwhelmed by anxiety and can result in a nervous breakdown.

Ego defense mechanisms operate in the unconscious state of reasoning. Therefore, the personality is not aware that it is actually defending the ego. They will even distort reality as when a person lies to himself in order to avoid unhappiness. The primary ego defenses are repression, regression, reaction formation, projection and fixation.

repression

Repression forces a dangerous memory or idea, such as hostility toward the father, out of consciousness and sets up a barrier to prevent any motor action. The ego is the seat of repression but can be influenced by the superego to institute repression.

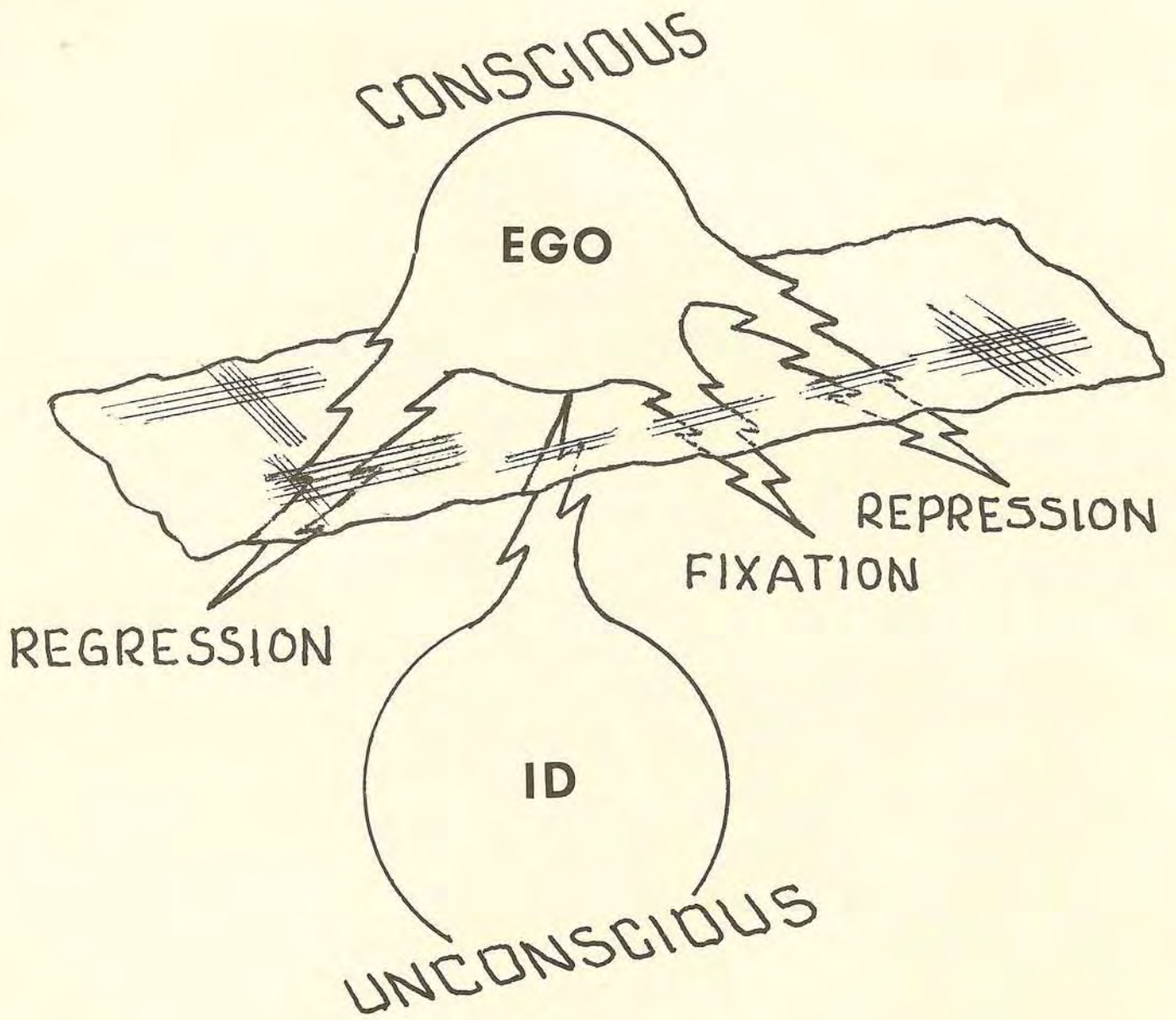


Figure 20

There are two forms of repression - primal repression and repression proper. Primal repression is responsible for keeping a large portion of the id permanently unconscious. By keeping certain dangerous instinctual drives from becoming conscious, primal repression prevents anxiety. Those instinctual drives may, however, affect material that does come into consciousness, thus creating anxiety.

Repression is normal with everyone, however, those who use it exclusively become extremely withdrawn, rigid and guarded such as a hermit. Repressed personalities will also tend to be tight lipped and have movements that are stiff.

Under strong provocation, a person who represses aggressive drives may become belligerent when the repression is broken. Normally, there will be an intense discharge of energy. Psychotic behavior is the deepest form of repressed behavior and is susceptible to violent and uncontrollable outbursts. The child who has repressed hostility for his father may later break the law as an act of rebellion.

To escape from reality, a person may daydream or fantasize as a form of repression. Repression tends to distort and falsify information received through the senses to protect the ego from dangerous objects that would cause anxiety.

Repression can cause frigidity, ulcers, asthma, hysterical amnesia, arthritis and even hysterical blindness.

Repression is determined by the slant of the PPI. The more left tending, the greater the repression as shown in Figure 21.

HIGH

MODERATE

MINOR

Figure 21

The handwriting sample of Jacqueline Kennedy Onassis in Figure 22 has a PPI that exhibits strong repression. Although strong narcissism affects a great deal of her motivation and drive, the repression is very obvious in her life style. She frequently makes attempts to withdraw to seclusion and away from the public eye. Her ability to stand tight-lipped and resolute during the ordeal of John F. Kennedy's death is also an indication of the strong repression. As a child she became a victim of jealousy between her millionaire father, who through extravagance tried to turn her against her strict, spartan, frugal mother after their separation.

Figure 22

regression

After reaching a certain stage of development, a person may retreat to an earlier level because of fear. Even healthy, well-adjusted persons regress to reduce anxiety or as they might say, "I was just blowing off steam." Any flight from controlled and realistic thinking constitutes regression.

When a young married woman quarrels with her husband and leaves to go home, she is regressing to the security of her parent's home where she once felt safe and secure.

A person who shuts himself up in a private dream world because of being hurt or abused also exhibits regressive action. This involves securing of pleasure by wish fulfillment.

Moral anxiety may cause a person to do something impulsive to promote punishment just as he was punished for doing wrong when he was a child. Childish action is common with regression; in fact, a synonym of regression is infantilism.

Regression is a manifestation of the repetition compulsion where the personality forever repeats an activity or practice which was at one time pleasant or successful. The activity is a compulsion type of repetition in which reasoning plays no part. Regressive behavior does not recreate the total of the repetitive experience, but just enough of the experience or activity to reinforce the episode. Frustration may cause a person to regress to an infantile form of behavior such as pouting, baby talk, sucking on objects (oral erogenous pleasure zone), hitting, etc., but does not deport himself completely as a baby.

Some forms of regression are hypochondriacs who in actuality are seeking help from others. More common forms are smoking, loss of temper, biting fingernails, breaking laws, chewing gum, taking naps, daydreaming, picking on scapegoats, etc.

When examining a PPI, regression is found in the curvature of the ego stroke. The curvature is directly proportional to the degree of regression the personality will exhibit. Figure 23 displays the various degrees of regression in the PPI.

possible I →) as I →) what A → |

STRONG MODERATE NIL

Figure 23

The classic example of regression is the personality that has a PPI commonly referred to as the "Fetal I" as shown in Figure 24. This is a very dependent type of personality and typically longs for parental warmth.

I

Figure 24

The PPI in the handwriting sample shown in Figure 25 is the handwriting of a 21 year old female who shows regressive action in her everyday life. She dresses in baby colors, frills and speaks in a high pitched babyish tone. Her mother is very protective, but her stepfather feels she should be on her own instead of living at home. In three attempts to secure her an apartment, she managed to end back at home within a very short period and each time with a bump on her head or a black eye.

marked
mother with saw a
her two

Figure 25

The 30 year old female in Figure 26 shows very little regressive tendencies. She had parents that were very critical and domineering and always gave her the logical justifications for everything. She was not successful in finding anything in her childhood that gave her much security. As a result, she deals on a factual basis in dealing with her problems as a more ego bound person is inclined to do.

*How & I want to thank you
for your thoughtfulness in*

Figure 26

fixation

Fixation is a defense against anxiety and is characterized by a fear to take the next step for dangers he sees ahead. When the fear becomes strong enough to prevent psychological growth, we say the person has fixated. The chief dangers that will cause fixation are failure, punishment and insecurity. Failure is a blow to one's self-esteem or ego-ideal and the fear of failure adds an additional fear of ridicule for failing.

The fear of punishment is probably the most important fear because it typically means he fears the loss of love from his parents. This is especially true if he has experienced a previous parental rejection. Fear of punishment is the conscience coming into play.

Failure and punishment are related directly to the ego-ideal and the conscience, respectively, and they constitute the superego. A person with a strong superego, therefore, has a greater potential for becoming fixated than a person with a weak superego.

If we examine the "Fetal I" again in Figure 27, we will find that besides the regressive tendencies, it displays large phallic symbols which characterizes a strong superego. This PPI does represent personalities that have a high potential for becoming fixated.

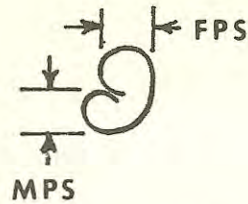


Figure 27

The third danger, insecurity, is experienced when a person feels he does not possess the ability to deal with the demands of new situations. Insecurity is found in those personalities that write PPI's with small ego symbols. They fear moving ahead and become very dependent on others for direction.

Figure 28 is the handwriting of a 22 year old female with a small PPI. She lacks the confidence to pursue any endeavors other than those assigned to her. She plays the role of a very young teenager.

*When I saw the
strokes I understood*

Figure 28

parent strokes

Much of the earlier published work on the PPI identified portions of the PPI as being the mother and father images. This is not the case, however, it is understandable how this conclusion was reached. Under normal circumstances the female phallic symbol could have been interpreted as the "mother image". The phallic symbol is the child's identification with the parent or parental surrogate and represents the child's interpretation of the idealistic moral authority of that parent. This is not, therefore, an indication of the relationship between the child and the parent.

If for some reason there is a serious problem or an absentee parent during the phallic stage of the child's development, then the Oedipus complex may not be resolved. The structure of the PPI will reflect this problem as discussed earlier. Through maturity of the child and also the parent, it is possible for a good parent-child relationship to develop at some later time even though an early problem may have existed. The phallic symbol is not likely to change in structure in these cases and will be less likely to change as the child grows older. Some slight change is feasible, but not without treatment like psychotherapy.

If the child does not have any difficulty and is able to resolve the Oedipus complex, later problems between the child and the parent will show up as deviations in the structure of the PPI. The phallic symbols will still be identifiable and will not be affected by these structure changes. Strokes that represent the relationship that exists at the time of the writing of the PPI are shown in Figure 29. The dotted stroke in the female phallic symbol is the mother's influence and the dotted line in the male phallic symbol is the father's influence.

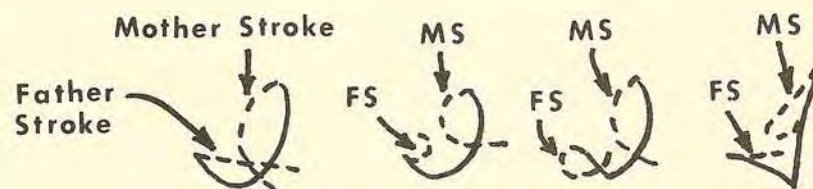


Figure 29

The following series of PPI's (Figure 30) was written by a young lady at the age indicated.

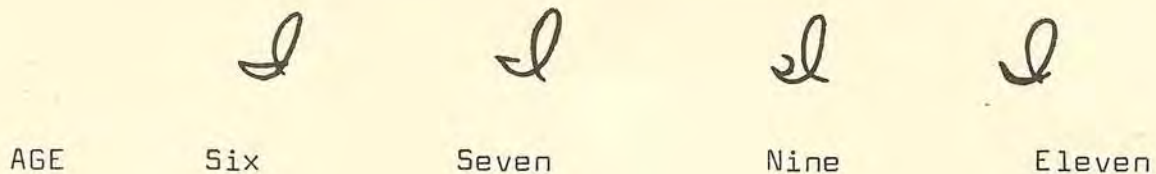


Figure 30

At the age of six her relationship with her parents was normal as evident by her phallic symbols. Near the age of seven, her father had a thyroid operation that resulted in a significant change in his personality. Normally a very patient man, he became very critical of her attitude and actions. At the age of seven the father stroke (FS) began to shorten, thus reflecting the change in treatment by the father. As she became older and more independent, her father increased the restraints on her activities and was more critical of her attitude and actions. This resulted in the FS curving backward and up as shown in the sample at the age of nine. The father was then advised of the effect he was having on her relationship with him and that if he continued, she would eventually reject him entirely. He corrected the situation by discussing the problems with her and dealing on a more logical and mature basis. The FS changed direction and is presently as it is shown at the age of eleven.

FS - rejection

The absence of a FS is an indication of the absence of the father or rejection. The rejection is a form of psychological removal. A child may reject a father for many reasons and demonstrate it as a form of rebellion against his authority. Shortening of the FS is an indication that the process of rejection is taking place or the father is gone or not present often. Total removal of the FS is total rejection and in most situations the child will ignore the father's demands until the punishment becomes the deciding factor.

If the Oedipus complex was not resolved and the male phallic symbol is not present, then identification with the father was never established. The FS is not likely in this situation because there is not a basis for establishing a relationship other than on a peer basis. If the father is present in the household, the child is more inclined to treat him as an older brother and deal with him on that basis.

The PPI in Figure 31 with the short FS is the handwriting of a 22 year old male who had an absentee father. His father was a sales executive who was seldom at home during his childhood and into his teens.

*Close from the news
is being but quite hard from*

Figure 31

In absentee situations the father stroke may or may not be present. It is dependent upon how the child responds to his absence and is a function of the child's attitude toward the father. It is a psychological process and the stroke may be present if the child has a strong attachment or longing for the father during his absence. The longing for his presence is the psychological process of maintaining. When the FS begins to shorten in these situations, the child is beginning to lose this longing.

The handwriting sample in Figure 32 is that of a 23 year old female who does not have a FS in her PPI. The father was totally dominated by her mother and was never allowed any voice in household decisions. The daughter treated her father more on a peer relationship.

*I really like this town.
It's called Lams Hill.*

Figure 32

FS - doting

A FS with upward curvature like a mound is an indication of a doting father and is a form of permissiveness and over-protection. The child is usually not inwardly respectful to this type of treatment. To obtain the benefits of this relationship, however, the child may play up to the father and his attention or try to live under the veil of protection offered by the father. Regressive personalities thrive under this environment and have difficulty living outside it. The "Fetal I" is a perfect example of that type of personality.

The 34 year old female who wrote the PPI in Figure 33 indicated that her father was emotionally weak and ineffectual in family decisions during her childhood. He did smother her with attention and gave her what she desired in material possessions, but she never regarded his advice as authoritarian in nature.

rate of knew you

Figure 33

FS - strictness

When the FS is a straight horizontal line, this is an

indication of a strict father. The father is normally the authority figure and demands or demonstrates this in his actions. The father may or may not have or command respect for all of his rules in these situations indicating strictness. Normally a good relationship exists and the child will try to abide by his rules, but more so out of fear of punishment than love.

The PPI in Figure 34 has a straight horizontal FS. This sample is that of a 16 year old female who lives under the scrutiny of a father who sets firm rules governing her dates, school work, duties, etc. that she is required to follow.

*I really appreciate your
thoughtfulness. By the way*

Figure 34

FS - phallic

A dish-shaped FS, which tries to follow the curvature of the male phallic symbol, is an indication of almost the opposite of a doting father in some instances. The curvature indicates that the father deals with the child on a strict and logical basis and has difficulty showing the degree of affection that the child desires. Normally the child will have respect for the father and has a strong identification with him. The father is recognized as the authority in the home, but there is less fear of punishment in this situation.

The PPI in Figure 35 is the handwriting of a 22 year old female who has a great deal of admiration for her father. He felt uncomfortable showing her affection. Her large male phallic symbol indicates a strong identification with

her father and adds to her need to receive a great deal of affection from him.

The image shows the handwritten cursive phrase "I am as". The letter 'I' is a simple vertical stroke. The word 'am' is written with a large, sweeping 'a' that loops back under the 'm'. The word 'as' is written with a large, sweeping 'a' that loops back under the 's'.

Figure 35

FS - hatred

The FS normally begins when the stroke changes direction at the end of the phallic symbol. It will either continue in a clockwise motion as with a doting father (Figure 33), form an angle as with a strict father (Figure 34), or retrace the phallic symbol (Figure 35). If at the top of the phallic stroke it starts downward in a counter clockwise motion, this indicates hatred for the father as shown in Figure 36.

The image shows two handwritten cursive phrases: "I want" and "I accept". "I want" is written with a simple 'I', a large 'w' that loops back, and 'ant'. "I accept" is written with a simple 'I', a large 'a' that loops back, and 'cept'.

Figure 36

A child may reject or psychologically remove the father as an authority figure for various reasons. Rebellion against his authority may also exist. Hatred, however, is more unusual because it is extremely strong feelings of contempt for the father. Some forms of activity that may create the hatred are mother beatings, alcoholism, extreme vulgarity, etc.

The PPI in Figure 37 is the handwriting of an 18 year old female who openly admits her hatred for her father.



Figure 37

MS - rejection

As with the absence of a FS, the absence of the mother stroke (MS) is a form of psychological removal or rejection of the mother. Mother rejection is not as common as father rejection. The father is typically more dominant, less demonstrative and absent from the home more often than the mother. These facts play a role in more frequently missing FS's.

Normally the first identification as well as dependency is with the mother, therefore, an unresolved Oedipus complex (also called Electra complex with mother) with the mother is very uncommon. If there is an Oedipus complex and the child identifies with the father and not the mother, the likelihood of a missing MS is great.

The PPI in Figure 38 indicates an unresolved Oedipus complex. A MS does not exist because the female phallic symbol was never developed and an identification with the mother was never established.

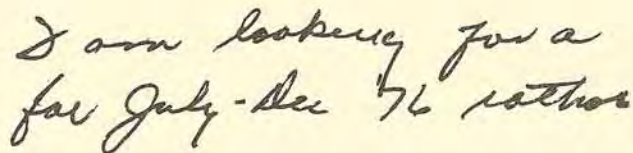


Figure 38

The sample is the handwriting of a 30 year old male account executive who viewed and treated his mother as a house servant as did his father and his brothers and sisters. She was ineffectual in administering any discipline or taking responsibility for even the slightest decision in the home.

The PPI in Figure 39 is from the handwriting of a 26 year old female who rejected her mother because of being totally submissive to the extreme chauvinistic demands of her father.

Oh, if I received complete

Figure 39

MS - doting

A doting mother is indicated whenever the MS forms an oval or circular shape with a hooked stroke within. The handwriting in Figure 40 is from a 26 year old female with a mother who continues to pamper and shower her with material objects even though she is married and away from home. As with a doting father, a doting mother usually will not receive the child's respect and the child will promote the activity for the rewards received.

It's too early

Figure 40

MC - conflict

Mother conflict should not be confused with strictness, hatred or abuse even if it may also exist.

Mother conflict is exhibited whenever the MS begins above the base line. If the MS exists as shown in Figure 41, conflict exists to some degree. The degree of conflict increases with the pressure from the mother.

NIL

MODERATE

STRONG

Figure 41

The conflict occurs when the child begins to challenge the basis and reasoning behind the mother's motives. The pressure or demands by the mother can be anything from constant nagging to direction for higher achievement. If the pressure or demands become unreasonable, it is possible that rejection could result. Generally when the stroke is long as shown in Figure 42, the child may not always agree with the mother, but there usually remains love and respect.

The PPI in Figure 42 is the handwriting of a 35 year old female who felt the mother's pressure to succeed, but never realized her mother's influence until she achieved success in the business world.

Figure 42

The handwriting in Figure 43 has a PPI that reflects a strong degree of MC. This is the handwriting of a self-employed 40 year old male. As a child he lacked motivation, but was brilliant and was pressured constantly by his mother. She fought to direct him toward success while he fought against her demands and direction. He was almost 21 before he took a responsible direction.

*I appreciate your position
receivables however you can*

Figure 43

The conflict can be self-imposed. A child may have had no demands or responsibilities placed upon him and may view new and simple demands as unreasonable. This can begin conflict even though the demands are ordinary.

MS - strictness

Mother strictness is measured by a vertical straight-lined mother stroke as shown in Figure 44. It is the opposite of the stroke formation for a doting mother as well as the treatment of the child.

| | | |
|-------------|----------------|------------------|
| <i>I am</i> | <i>I know.</i> | <i>I'll just</i> |
| STRONG | MODERATE | NIL |

Strictness is in the form of demands and punishment to

abide by the mother's rules. It may be in the form of punishment to relieve her own frustrations or in the extreme form as harsh and unreasonable punishment.

The PPI in Figure 44 is the result of a strict mother who demanded that the child follow all of her rules, but would not abide by the rules herself. To the child this appears as unreasonable and harsh treatment because her rules must be unjust because she would not follow them.

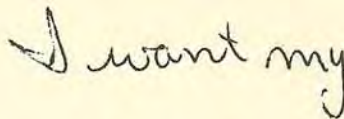
A handwritten cursive phrase "I want my" is written in black ink. A small downward-pointing arrow is positioned to the left of the first letter "I".

Figure 44

MS - hatred

When the mother stroke forms a reversed loop at the top of the PPI as shown in Figure 45, this is an indication of mother hatred.

Two handwritten cursive capital letters "I" are shown side-by-side. Each letter has a distinct reversed loop at its top, which is a characteristic feature of a PPI associated with mother hatred.

Figure 45

Later as an adult the child may have resolved the hatred through her own maturity, but this will only occur if the mother has changed or matured and does not do what originally caused the hatred to develop.

As a child, the 22 year old female with the PPI shown in Figure 46 did not know her mother, but was raised by her stepmother. Her stepmother threw her out of her home at the age of fifteen. She was then raised in a foster home. She still carries the hatred for her stepmother.

I Have wanted my hand

Figure 46

The 26 year old male with the PPI in Figure 47 had a mute father, but an excellent relationship with his mother. His mother fought physically with his older unruly brother. She was unable to control him and finally "Got rid of him", as she related to the writer, by sending him to school. When the writer reached school age, he fought violently to prevent his mother from getting rid of him when she sent him to school the first time. He finally resolved and renewed his relationship with his mother as a teenager but not as it was originally. It left an imprint in his unconscious.

Now, I am sending you repeats showing

Figure 47

hostility

Hostility is conflict in the personality created by an equally hostile and unpleasant childhood environment. With a reasonable relationship between the child and parents, a child will develop some degree of regression. As previously discussed, regression is indicated by a curved ego stroke. The child that displays regression was successful in using it as a primary means of defense against parental pressure and hardships. When the pressure becomes too great and the child finds no means of escape from the pressures and hostility, the child may retaliate. When this becomes a successful means of finding relief, the hostile personality may develop.

When the ego stroke forms an angle with the male phallic symbol at the base line, hostility is present. The narrower the angle, the greater the degree of hostility. Figure 48 shows the various levels of hostility that may be found in PPI's. Curvature at the base of the angle, rather than a sharp angle, reduces the strength of the hostility in the personality.



Figure 48

There are also other factors in the personality that reduce or dampen the degree of hostility. They are the absence of repression or narcissism and the presence of regression or oral fixation (dependency).

destructive hostility

Hostility becomes destructive when other personality factors are present that compound the anxiety and tension within the personality. Repression has considerable impact on the hostile personality because the anger is suppressed and when released becomes an explosive destructive force. Narcissism compounds the problem because narcissistic personalities are extremely self-centered and are more susceptible to threats or apparent threats. The hostility may be directed at others or in the right situations toward self.

Figure 49 is the handwriting sample of a 22 year old male who lived in a household that had domineering and violent parents. After a violent fight with his brother, he attempted suicide out of guilt.

↓ am
Timothy

Figure 49

destructive-hostile rape

There are two types of rapists - the power rapist and the destructive-hostile rapist. The power rapist feels inadequate and will rape repeatedly and compulsively to gain reassurance from the women he rapes. His goal is to dominate the women and affirm his mastery over them.

The second type of rapist, the destructive-hostile rapist, is the hostile, uncontrolled maniac who preys on each woman. He will go to any length to degrade and humiliate a woman. Their suffering excites him, thus he may perform gruesome acts such as did Richard Speck (Figure 50).

↓

Figure 50

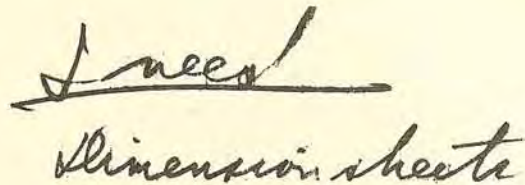
Traits common with the destructive-hostile rapist are repression, narcissism, absence of the female phallic symbol, a straight or missing mother stroke and moderate to extreme degrees of hostility. Father hatred or rejection may also be evident.

The PPI in Figure 51 is that of a 22 year old murderer-rapist.

↓

Figure 51

The PPI in Figure 52 indicates a mild degree of hostility. This handwriting is that of a sales executive and does not show the additional traits that would classify him as destructive. He does not show narcissism or repression, the two traits that must be present with moderate or extreme hostility for the personality to display destructive hostility.



I need
Dimension sheets

Figure 52

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