



Mandala Consulting's Jung Pages
by Anthony Wilson

FREUD & JUNG: THEIR RELATIONSHIP

Psychological Types: an effort to make sense of what event in Jung's life

In 1959, about eighteen months or so before his death, Jung was interviewed by John Freeman for the BBC TV programme, "Face to Face". Freeman asked Jung if he had written *Psychological Types* [1] as a result of his clinical experience. Jung replied that it was "less so"

It was a very personal reason, namely to do justice to the Psychology of Freud and also to that of Adler and to find my own bearings. That helped me to understand why Freud developed such a theory or why Adler developed his theory; his Power Principle [2].

Jung had written *Psychological Types* during in his "fallow period" from 1913 to 1917. This was after the "bust-up" with Freud and, it would seem, almost everybody else in the psychoanalytical movement – or as we might say today, "industry". Perhaps Jung sulked, a result of his disagreement with Freud. Maybe the disagreement was an effect of something else, an underlying problem.

During this fallow period he introspected deeply and was often absorbed with images from his own unconscious. Some authors have suggested that at this time Jung became schizophrenic and managed to cure himself. In 1916, in the course of three evenings, Jung wrote down his own Gnostic myth, "Seven Sermons to the Dead" as a reaction to parapsychological happenings around him. It seems to have been like a piece of automatic writing. He says that his whole house was crammed full of spirits who announced to him, in one voice, "We have come back from Jerusalem where we found not what we sought." These form the opening words of the *Septem Sermones* Jung was later embarrassed by the Sermons and at his request they were not included in his Collected Works. He called them a "sin of his youth."

He says in his autobiography that *Psychological Types* sprang from a need to define the ways in which his outlook differed from Freud's and Adler's. [3] One might interpret this as a means of self-justification. Jung illustrated this, in part, in his work, *Psychological Types*:

How fantasy is assessed by psychology, so long as this remains merely science, is illustrated by the well-known views of Freud and Adler. The Freudian interpretation reduces fantasy to causal, elementary, instinctive processes. Adler's conception reduces it to the elementary, final aims of the ego.

Freud's is a psychology of instinct, Adler's an ego-psychology...

The Adlerian principle is the safeguarding of personal power which is superimposed on the collective instincts. With Freud it is instinct that makes the ego serve its purposes, so that the ego appears as a mere function of instinct. [4]

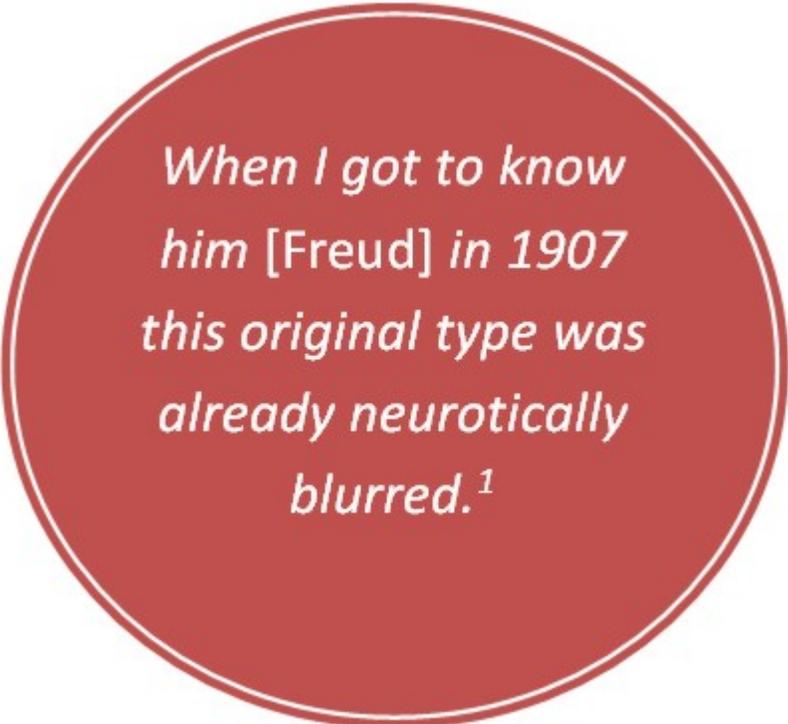
Jung's conception of Freud's Psychological Type

Earlier in his interview, Freeman had asked Jung if he had grown apart from Freud because a difference in temperamental approach to experiment and proof. Was Jung satisfied with Freud's scientific rigor? Jung sidestepped the question by saying,

Well, of course, there is always a temperamental difference. Er.. and, er. His approach [lifts shoulders slightly] was er-er-er [looks away to his right and slightly downwards] naturally different from mine because his personality was different [lifts shoulders slightly] from mine. That led me into my later investigation of psychological Types.

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One senses that there is more behind Jung's answer, something that he is not giving us. He does not look entirely comfortable and chooses his words carefully. Turning the clock back to February 18, 1957, maybe around 15 to 18 months before this interview took place, [5] Jung wrote to Ernst Hanhart,



*When I got to know
him [Freud] in 1907
this original type was
already neurotically
blurred.¹*

So there it was. Freud, in Jung's opinion, suffered from neurosis that had changed his Type. (Jung mentions this neurosis in his autobiography and, as we shall see, in his correspondence with Freud.) Jung said elsewhere in his letter to Hanhart that Freud was originally an *"introverted feeling type with inferior thinking"*. Jung said in his interview with Freeman that a person's Psychological Type was not static; it changed with the course of life. In his letter to Hanhart he explains,

Even though assignment to a particular type may, in certain cases, have lifelong validity, in other very frequent cases it is so dependent on so many external and internal factors that the diagnosis is valid only for certain periods of time. Freud was just such a case.

Discretion and Indiscretion

Jung would not reveal to Freeman any details of Freud's dreams, even though Freeman asked seemingly innocently. Jung chided Freeman, saying that it was indiscrete to ask such a question; there was such a thing as a professional secret. When Freeman rejoined that Freud had been *"dead these many years"*, Jung got flustered and said *"these regards last longer than life."* Then he seemed to struggle to find words, or maybe even to keep his temper, and said, *"I prefer not to talk about it."*

When Jung had written to Hanhart in February 1957, as we saw earlier, he had no such inhibitions.

When I analyzed Freud a bit further in 1909 on account of a neurotic symptom, I discovered traces which lead me to infer a marked injury to his feeling life.

In this letter Jung also commented on Freud's *"irresponsible manner of observation"*.

John Freeman had done his homework; however, he could, almost certainly, not have read Jung's letter to Hanhart [6] . Freeman was trying to get Jung to open up and tell us more about his clinical opinion of Freud's personality. The media like controversy, it helps sell their product. Respectful BBC interviewers appear to be no exception. But Jung wasn't going to play.

The Freud / Jung Letters:

Jung disagreed with Freeman that the letters between himself and Freud were of no historical interest; however he had no objection to their publication after his death. They were published in 1974 [7] and make interesting reading giving us fascinating insights into the backbiting, hero-worship, name calling and schisms of the early days of psychoanalysis. They help us understand the background to Jung wanting to “do justice” to other’s theories and to understand himself better.

Initially, Jung’s tone in his letters to Freud was respectful, enthusiastic and disciple-like, but we can see a clear streak of independent thought. We note the criticism of anyone who dares to hold a different opinion from Freud and how Jung protects his master. Unsurprisingly, Jung uses the tools of their trade to point the finger at others.

November 26, 1906	I tailored it a bit to my subjective standpoint so you may not agree with everything I wrote. I hope I haven’t misrepresented you! In any case I wrote it out of honest conviction. Incidentally, I have also championed your cause at the congress of alienists in Tübingen amid stifling opposition; Geheimrat Hoche [8] in particular distinguished himself by the inanity of his arguments. [9]
December 4, 1906	First of all I must tell you how sincerely grateful I am to you for not taking offence at some passages in my “apologia.” [10]
January 8, 1907	I shall never abandon any portion of your theory that is essential to me, as I am far too committed to it. [11]
April 11, 1907	Many thanks for your long and exceedingly friendly letter! I only fear that you overestimate me and my powers. With your help I have come to see pretty deeply into things, but I am still far from seeing them clearly. [12]
May 24, 1907	Your Gradiva is magnificent. I gulped it at one go. The clear exposition is beguiling, and, I think, one would have to have sevenfold blindness not to see things now as they really are. But the hide-bound psychiatrists and psychologists are capable of anything! I shouldn’t wonder if all the idiotic commonplaces that have been leveled at you before are trotted out again from the academic side. [13]

Freud, although disparaging and critical on occasion, seems the more human and tolerant of the two. An older and wiser man; in 1907 Freud was 51 years old and Jung 32. Freud wrote to Jung, early in their correspondence, “Essentially, one might say, the cure is effected by love.” [14] The younger Jung seems to mock and point fun at his colleagues’ symptoms and level of development, forgetting perhaps, or maybe never having considered, Krafft Ebing’s words [15],

*Il faut toujours avoir pitié de ceux qui ont
le diable au corps*

(One must always have pity on those
who have the devil in their bodies)

Richard Freiherr von Krafft Ebing

Jung outstripping his teachers?

Jung relished criticizing his former teachers. In doing so, possibly, he was “sucking up” to Freud. On June 28, 1907 Jung wrote of Pierre Janet (1859-1947),

I had a talk with Janet and was very disappointed. He has only the most primitive knowledge of Dem. pr. [Dementia Praecox, an earlier term for Schizophrenia] Of the latest happenings, including you, he understands nothing at all. He is stuck in his groove and is, be it said in passing, merely and intellect but not a personality, a hollow causeur (talker) and a typical mediocre bourgeois... These people [at the Salpêtrière in Paris] are 50 years behind the times. [16]

Jung was later to use Janet’s term “fonction du réel” (reality function) to describe his own concept of the Sensation Function and “abaissement du niveau mental”.(Jung described this as a “slackening of the tensity of consciousness... one feels like lead” [17] In the same paragraph he says this is “Janet’s apt term for this phenomenon.”) Jung had spent a term in 1902-1903 studying psychopathology under Janet at the Salpêtrière. From 1905, Jung had been lecturing at Zurich University on Janet’s

work, principally in hypnosis. Jung was to write near the end of his life that the work of Pierre Janet provided him with a “wealth of stimulation and stimuli”. [18] Half a century earlier Jung had written that the delegates at the 1907 Congress [19] were a ghastly crew, reeking of vanity, Janet the worst of the lot. Elsewhere he wrote, *Janet is a vain old buffer, though a good observer. But everything he says and does now is sterile.*

Another former mentor, Eugen Bleuler, (1857-1939) Jung’s first boss, also comes in for criticism from Jung’s harsh pen. For example, on June 19, 1908, Jung wrote to Freud,

Bleuler, sad to say, is festooned with complexes from top to bottom; only recently he was again disputing the sexual explanation of rhythm. But he can’t be pinned down, talks resistance-language, so that communication ceases of itself, and then compensates with fanatical candor and affability. In the end it gets on one’s nerves, for one likes human beings around one and not complex-masks. [20]

On September 9, 1908 Jung wrote,

Bleuler is difficult to bear with in the long run; his infantilisms are intolerable and he ruthlessly acts out his complexes by dint of displacements (naturally!) It’s still very hard to talk to him and I am highly suspicious of his goodwill, etc. etc. [21]

Freud similarly commented on Bleuler, but in a somewhat milder manner and witty manner. *I haven’t had much luck with Bleuler myself; it’s like embracing a piece of linoleum. [22]*

From Idealization to Devaluation in Six Years

To have a closer look at how the relationship progressed, here are 10 random examples [23] of Jung’s letters to Freud, illustrating his attitude to others and to Freud. Notice how the antagonism to others, eventually spreads to Freud. Notice Jung’s Ego Defence Mechanisms at work: his projection onto Freud changes from Idealization to Devaluation, from toadying to insulting. His hero, Freud, just like his parents, his teachers, and all his other gurus, has feet of clay. We can witness the ego inflation that Jung’s deep self awareness has brought him.

Letter nr.	Date	Concerning others	Concerning Freud, including salutation and signature
12J	January 8, 1907	<ul style="list-style-type: none"> <i>The notorious dim-wittedness of the esteemed public</i> <i>In Germany his [Löwenfeld’s] voice will carry further than mine</i> 	<ul style="list-style-type: none"> <i>Dear Professor Freud</i> <i>am sorry I have been so long in answering your last, exceedingly friendly and detailed letter</i> <i>Perhaps your triumphal entry will begin sooner than we think</i> <i>With most cordial wished for the New Year and my warmest thanks! Yours very sincerely, Jung</i>
37J	August 12, 1907	<ul style="list-style-type: none"> <i>The ignorant public</i> <i>None of this will be understood by 99% of the public anyhow [Freud’s ideas]</i> 	<ul style="list-style-type: none"> <i>Dear Professor Freud</i> <i>Please excuse my long silence</i> <i>To leach out the wealth of your ideas</i> <i>Again apologies for the long pause, Ever sincerely yours, Jung</i>
124J	January 7, 1909	<ul style="list-style-type: none"> <i>I would like to live at peace with him, but a little goodwill is needed on his side also</i> <i>About America I would like to remark that Janet’s travel expenses</i> 	<ul style="list-style-type: none"> <i>Dear Professor Freud</i> <i>This is a real triumph and I congratulate you heartily!</i> <i>Your truth is percolating</i>

		<p>were amply compensated by his subsequent clientele. Recently Kraepelin gave one consultation in California for the modest tip of 50,000 marks. I think this side of things should also be taken into account.</p> <ul style="list-style-type: none"> • <i>Pastor Pfister, a clever man and a friend of mine ..I have goaded Pfister into ensuring that Wreschner does not get up to the dirty tricks I heartily suspect him of</i> 	<p>through to the public</p> <ul style="list-style-type: none"> • <i>With kind regards, Jung</i>
135J	March 11, 1909	<ul style="list-style-type: none"> • <i>nothing Fliess-like is going to happen</i> • <i>My Americans have been behaving quite well so far</i> 	<ul style="list-style-type: none"> • <i>Dear Professor Freud</i> • <i>Your kind words have relieved and comforted me</i> • <i>Except for moments of infatuation my affection is lasting and reliable.</i> • <i>I must congratulate you heartily on your American triumphs</i> • <i>With kindest regards, also from my wife. Most sincerely yours, Jung</i>
173J	January 8, 1910	<ul style="list-style-type: none"> • <i>From Jones I too had a frightfully long letter which I am putting of answering because of the agony.</i> • <i>Dr Bircher-Benner is the man I already told you does psychoanalysis after his fashion; I warned against him. Now I only wanted to tone the warning down a bit since he has been decent enough to make contact with us.</i> 	<ul style="list-style-type: none"> • <i>Dear Professor Freud</i> • <i>Many thanks for your heartening letter.</i> • <i>I am most grateful to you for your promise about Kaibel's monograph.</i> • <i>It is with the greatest joy that I hear you will be coming to Switzerland in the summer.</i> • <i>My wife is looking forward to the company [Freud's company] eagerly as I.</i> • <i>Many kind greetings. Most sincerely Yours, Jung</i>
222J	November 29, 1910	<ul style="list-style-type: none"> • <i>There is a noticeable analogy between Adler and Bleuler: the same mania to make the terminology as different as possible and to squeeze the flexible and fruitful psychological approach into the crude schematism of a psychological and biological straightjacket</i> • <i>Bleuler is another one who fights against shriveling in your shadow.</i> • <i>Now for Bleuler's letter! Another masterpiece of tortuosity and "diplomatic vagueness"</i> • <i>[Bleuler's talk] was dreadfully</i> 	<ul style="list-style-type: none"> • <i>Dear Professor Freud</i> • <i>I had a faint suspicion that your present attitude to the divergent tendencies of Stekel and Adler is not exactly a simple one</i> • <i>We hope you will pay us a fleeting visit in the spring</i> • <i>Once more I recommend my plan "chaleuresement". [cordially]. It should meet all our requirements</i> • <i>With many kind regards,</i>

		<p><i>superficial and schematic.</i></p> <ul style="list-style-type: none"> • <i>It is quite evident his ratiocinative faculties have gone bankrupt.</i> • <i>After I had broken down his cover-resistances the last dream-analysis, the following dreams came out at the party, accompanied by venomous asides...how little he understands dream analysis!</i> • <i>..you would have to grit your teeth and lodge with him. Bleuler is extremely touchy, loudly proclaiming it doesn't matter a hang to him. This would be so miserable for us...</i> • <i>You can't possibly spend a whole day alone with him; he is thoroughly exhausting because he is quite inhuman.</i> • <i>...after 2-3 hours Bleuler's arguments have long since petered out and he turns nasty, i.e. then comes the barrage of "Why's"</i> • <i>There is no need whatever for you to sacrifice any more time. I now have sufficient contact with Bleuler to hold him to our cause. The gaggle of assistants can be lopped off.</i> • <i>It is a good thing we know this about Friedländer. The man really is a damned swine....Thank God I guessed what kind of skunk had crawled in under my roof and treated him as I did.</i> 	<p><i>Most sincerely yours, Jung</i></p>
263J	July 11, 1911	<ul style="list-style-type: none"> • <i>Dr Sachs was here and has left me with a good impression</i> • <i>In many ways he [Bleuler] is incredibly backward for lack of practical experience</i> • <i>He [Adler] seems to be extending his delusional ideas to me...</i> 	<ul style="list-style-type: none"> • <i>Dear Professor Freud</i> • <i>I wish you the best for your recovery</i> • <i>Many kind regards, Most sincerely yours, Jung</i>
341J	January 1, 1913	<ul style="list-style-type: none"> • <i>In order to guard against similar disagreeable experiences in the future....</i> 	<ul style="list-style-type: none"> • <i>Dear Mr. President,</i> • <i>Professor Freud has very obligingly put his newly founded International Zeitschrift für ärzliche Psychoanalyse at our disposal.</i> • <i>With best regards, Yours... for Dr Jung: Dr. F Rilkin</i>
357J	October 27, 1913		<ul style="list-style-type: none"> • <i>Dear Professor Freud</i> • <i>It has come to my ears through Dr. Maeder that you</i>

			<p><i>doubt my bona fides. ... this is the gravest reproach that can be leveled at anybody</i></p> <ul style="list-style-type: none"> • <i>Very truly yours, Dr C G Jung</i>
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Insult by Diagnosis

By late 1912 Freud and Jung were trading diagnoses of each other's illnesses as insults, although Freud was the more restrained of the two. Here are some excerpts from their letters:

November 29, 1912	From Freud to Jung	<p>Many thanks for your friendly letter which shows me that you have dispelled various misconceptions about my conduct and encourages me to entertain the best of hopes for our future collaboration...My attack in Munich [November 24, 1912] was no more serious than the similar one at the Essighaus in Bremen, [August 20, 1909] my condition improved in the evening and I had an excellent night's sleep. According to my private diagnosis it was migraine (of the M. ophthalm. type), not without a psychic factor which unfortunately I haven't had time to track down now. The dining-room of the Park Hotel seems to hold a fatality for me. Six years ago I had a first attack of the same kind there, and four years ago a second. A bit of neurosis that I ought really to look into.</p>
December 3, 1912	From Jung to Freud	<p><i>This letter is a brazen attempt to accustom you to my style. So look out!</i></p> <p>Dear Professor Freud,</p> <p>My very best thanks for one passage in your letter, where you speak of a "bit of neurosis" you haven't got rid of.... I have suffered from this bit in my dealings with you...</p> <p>Our analysis, you may remember, came to a stop with your remark that you "could not submit to analysis without losing your authority." These words are engraved on my memory as a symbol of everything to come. [24]...I want no infantile outpourings of libidinal appreciation or admiration from ΨAsts, merely an understanding of my ideas.</p>
December 4, 1912	From Jung to Freud	<p>I hope you weren't offended by my last letter. I wish you the best of everything and I shall not abandon you. You shouldn't be distressed on my account.</p>
December 5, 1912	From Freud to Jung	<p>I too have been disturbed for some time by the abuse of ΨA to which you refer, that I, in polemics, especially against new ideas. I do not know if there is any way of preventing this entirely; for the present I can only suggest a household remedy: let each of us pay more attention to his own than his neighbour's neurosis...</p> <p>I am sorry not to have been able to discuss your remark on the neurosis of analysts at greater length, but this should not be interpreted as a dismissal. I one point, however, I venture to disagree most emphatically: you have not, as you suppose, been injured by my neurosis.</p>
December 7, 1912	From Jung to Freud	<p>...I would like you to know that I have designs on reviewing Adler's book. [25] I have succeeded in descending into its depths, where I found some delightful things that deserve to be hung aloft. The man is really dotty.</p>
December 18, 1912	From Jung to Freud	<p>...I don't give a damn for my symptomatic actions; they shrink to nothing in comparison to the formidable beam in my brother Freud's eye. I am not in the least neurotic – touch wood! [26]. You know, of course, how far a patient gets with self-analysis: not out of his neurosis – just like you.... No doubt you will be outraged by this peculiar token of friendship, but it may do you good all the same.</p>
December 22, 1912	From Freud to Jung	<p>In regard to your allegation that since I misuse psychoanalysis to keep my students in a state of infantile dependency I myself am responsible for their infantile behavior, and to the inferences you draw from this contention, I prefer not to judge, because it is hard to judge matters concerning oneself and such judgments convince no one.</p>
January 3, 1913	From Freud to Jung	<p>Your allegation that I treat my followers like patients is demonstrably untrue. In Vienna I am reproached for the exact opposite. I am held responsible for the misconduct of Stekel [27] and Adler...</p>

The Rift: Freud to Jung, January 3, 1913.

It is a convention among us analysts that none of us need feel ashamed of his own bit of neurosis. But one who, while behaving abnormally, keeps shouting that he is normal gives ground for suspicion that he lacks insight into his own illness. Accordingly, I propose that we abandon our personal relations entirely. I shall lose nothing by it, for my only emotional tie with you has long been a thin thread – the lingering effect of past disappointments...

In the next article we shall look more closely at Freud and Jung's psychological type.

Anthony Wilson

[1] C G Jung (1971) *Psychological Types: The Collected Works of C G Jung, Volume 6*, a revision by R F C Hull of the translation by H G Baynes, Bollingen Series XX, Princeton University Press and Routledge – originally published in German in 1921. H G Baynes translation published in 1923

[2] *Face to Face with Carl Jung* (1959), BBC Television.

[3] C G Jung, (edited by Aniela Jaffé) *Memories, Dreams, Reflections*, Routledge

[4] C G Jung (1971) *The Type Problem in Classical and Medieval Thought*, CW6 para 88, Bollingen Series XX, Princeton University Press, Princeton, NJ

[5] This is based on the observation that the filming appears to have taken place in relatively fine weather. In the opening shots with both Jung and Freeman walk in from Jung's garden wearing suits. This Face to Face interview was broadcast on Thursday, October 22, 1959. It may have been filmed somewhere between May and August, 1959.

[6] *C G Jung: Letters op.cit.*

[7] McGuire, W (ed.) (1974) *The Freud/Jung Letters: the correspondence between Sigmund Freud and C G Jung*, translated by Ralph Manheim and R F C Hull, Routledge and The Hogarth Press, London

[8] Alfred Erich Hoche (1865-1943)

[9] Mc Guire, W. (ed.) op.cit. 6J

[10] McGuire, W. (ed.) op. cit. 7J

[11] McGuire, W (ed.) op.cit. 12J

[12] McGuire, W. (ed.) op. cit. 19J

[13] McGuire, W. (ed.) op.cit. 26J

[14] Mc Guire, W. (ed.) op. cit. 8F

[15] Richard Freiherr von Krafft Ebing (1840-1902) author of *Psychopathia Sexualis* an early work which listed and classified sexual "abnormality" and gave case studies. von Krafft Ebing was arguably the leading expert on sexuality until Freud. Source of quotation unknown.

[16] McGuire, W. (ed.) op. cit. 33J

[17] Concerning Rebirth, CW9(i) 213

[18] C G Jung, (edited by Aniela Jaffé) *Memories, Dreams, Reflections*

[19] 1907 Congress of the International Psychoanalytic Association

[20] McGuire, W (ed.) op. cit. 98J

[21] McGuire, W (ed.) op.cit 108J

[22] McGuire, W. (ed.) op.cit. 253F

[23] Methodology: I used a Pseudo Random Number Generator to generate 10 numbers between 1 and 358. In The Freud/Jung Letters, the editor has arranged the letters from both writers chronologically and numbered them from 1 to 359. If one of my numbers was a Freud letter, I ignored it and went to the next Jung letter in the series. If it was a Jung postcard, I went to the next Jung letter. Although the correspondence goes as far as 359J (dated 1923), I chose to include only letters written up to 1914. The sample represents about a 6% of Jung's letters.

[24] Jung explains in *Memories, Dreams, Reflections* that when analyzing one of Freud's dreams he had asked Freud for associations and details from his private life so that he could better interpret the dream. Freud replied, "*But I cannot risk my authority.*"

[25] Alfred Adler (1870-1937) *Über den nervösen Charakter*

[26] Jung had accused Freud of "sniffing out" all symptomatic actions in his vicinity and treating his pupils like patients, who admitted their failings while Freud remained "on top as the father, sitting pretty."

[27] Wilhelm Stekel (1868-1940)