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大书虫

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精神分析引论

A GENERAL INTRODUCTION
TO PSYCHOANALYSIS

[奥]西格蒙德·弗洛伊德 著
高继海 译

英汉对照大师经典作品

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第一辑

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宽容

人类的故事

梦的解析

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共产党宣言

沃尔登湖

资本论节选

品格的力量

西格蒙德·弗洛伊德(1856—1939年)是奥地利著名的神经病学家和心理学家,是精神分析学的创始人。

《精神分析引论》是弗洛伊德于1915年至1917年在维也纳大学讲授的讲稿。该书总结了第一次世界大战期间的精神分析学基本成果。该书分为3个部分,第一部分用潜意识和抑制的学说分析了日常生活的失误动作,包括口误、笔误、读误、听误、遗忘、误放误取及失落等现象,探讨这些现象的心理根源,从中发掘了潜意识的存在,表明了“抑制”作用的功能,指出这些失误动作是有意义的心理现象,是两种不同意向相互牵制的结果,失误动作无非就是两种冲突意向的一种调解。

第二部分是对梦的分析。弗洛伊德指出,梦不是一种躯体现象,而是一种心理现象,梦是有

意义的,但这种意义是潜意识的,梦是这种潜意识的化装了的代替物,通过自由联想的方法,可以分析和推知那隐伏在背后的原念。梦的功用在于保护睡眠,它是由两种互相冲突的倾向而起:一是要睡眠,一是要满足某种心理刺激,梦的特性就是愿望满足和幻觉的经验。梦的主要性质在于把思想变形为幻觉,以达到欲望的满足。

第三部分对神经症症状进行精神分析。这一部分比较全面地论述了精神分析的基本理论。弗洛伊德指出,神经症症状的意义在于与病人生活的关系,这些症状都起源于潜意识的精神历程,精神分析的治疗在于把凡属于潜意识内的病源都使之进入意识之内。弗洛伊德提出,人的意识系统有3个层次,潜意识、前意识和意识。神经症的症状就是性的满足的代替。性在精神分析学中有比通常更广泛的意义,泛指身体一切器官的快感,又称为里比多。治疗神经症的工作在于解放里比多,使其摆脱其先前的迷恋物,而重复服务于自我,从而消除其症状。

1908年第一届国际分析学会在萨尔斯堡召开,此后,精神分析学由医学领域进展到社会科学、人文科学和文学艺术等广阔的领域,成为一种国际性的社会思潮,他的学说被冠以“弗洛伊德主义”之名。弗洛伊德的声誉之隆,影响之大,在心理学家中是罕见的。



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PREFACE

Few, especially in this country, realize that while Freudian themes have rarely found a place on the programs of the American Psychological Association, they have attracted great and growing attention and found frequent elaboration by students of literature, history, biography, sociology, morals and aesthetics, anthropology, education, and religion. They have given the world a new conception of both infancy and adolescence, and shed much new light upon characterology; given us a new and clearer view of sleep, dreams, reveries, and revealed hitherto unknown mental mechanisms common to normal and pathological states and processes, showing that the law of causation extends to the most incoherent acts and even verbigerations in insanity; gone far to clear up the *terra incognita* of hysteria; taught us to recognize morbid symptoms, often neurotic and psychotic in their germ; revealed the operations of the primitive mind so overlaid and repressed that we had almost lost sight of them; fashioned and used the key of symbolism to unlock many mysticisms of the past; and in addition to all this, affected thousands of cures, established a new prophylaxis, and suggested new tests for character, disposition, and ability, in all combining the practical and theoretic to a degree salutary as it is rare.

These twenty-eight lectures to laymen are ele-

序

有关弗洛伊德的精神分析在美国心理学会的项目中几乎找不到一席之地,然而这些主题却吸引了文学、历史、传记、社会学、伦理与美学、人类学、教育和宗教学界的学生浓厚的与日俱增的注意,但是尤其是在本国,很少有人认识到这一点。弗洛伊德的学说赋予了儿童和青少年以新的含义并给性格研究提供了新的思路;提出了有关睡眠、梦和幻觉的全新而又清楚的观点;揭示了以前人们所不了解的正常和病理的状态和过程中有共有的心理机制,表明因果关系的规律在疯癫状态下最有内在联系的行为,甚至咒语也起作用;阐明了歇斯底理中的未知成分;教会我们如何识别常常还是处在萌芽状态的神经和心理疾病的症状;向我们揭示了深藏不露、我们几乎认识不到的原始意念的运作;创造并应用了象征主义的钥匙,解开了许多过去存在的神秘疑团;除此之外,还在治愈成千上万的病例中发挥了作用,创立了一种新的此类疾病的防治方法;提出了测试性格、气质和能力的新方法;而且其理论与实践的完美结合也是难能可贵的。

这二十八讲内容是面向外

mentary and almost conversational. Freud sets forth with a frankness almost startling the difficulties and limitations of psychoanalysis, and also describes its main methods and results as only a master and originator of a new school of thought can do. These discourses are at the same time simple and almost confidential, and they trace and sum up the results of thirty years of devoted and painstaking research. While they are not at all controversial, we incidentally see in a clearer light the distinctions between the master and some of his distinguished pupils. A text like this is the most opportune and will naturally more or less supersede all other introductions to the general subject of psychoanalysis. It presents the author in a new light, as an effective and successful popularizer, and is certain to be welcomed not only by the large and growing number of students of psychoanalysis in this country but by the yet larger number of those who wish to begin its study here and elsewhere.

The impartial student of Sigmund Freud need not agree with all his conclusions, and indeed, like the present writer, may be unable to make sex so all-dominating a factor in the psychic life of the past and present as Freud deems it to be, to recognize the fact that he is the most original and creative mind in psychology of our generation. Despite the frightful handicap of the *odium sexicum*, far more formidable today than the *odium theologicum*, involving as it has done for him lack of academic recognition and even more or less social ostracism, his views have attracted and inspired a brilliant group of minds not only in psychiatry but in many other fields, who have

行的,而且是基础知识,口语性强,弗洛伊德谈到精神分析的不足和局限性时的坦率简直令人吃惊,而他讲解该学说的方法和结果的水平也只有一个新的思想流派的专家和创始人才能达到。这些讲座简单易懂而且令人信服,是对他三十年来专心致志、呕心沥血研究结果的追踪和总结。尽管弗洛伊德和他的优异弟子们的观点并不矛盾,但有时,我们可以清楚看出他们之间所存在的分歧,这样的书是最合时宜的,而且当然可以或多或少地取代其他任何有关精神分析这门科学的书籍。作为一本卓有成效的普及读物,本书以一种新的方法把作者推荐给读者,必将受到我国越来越多的研究精神分析的学生们的青睐,而且会受到更多的有志于精神分析的人的欢迎。

西格蒙德·弗洛伊德不抱成见的学生未必赞同他的结论。而且,也许像我一样,不能苟同弗洛伊德把性看成是过去和现在心理生活中的主宰性因素,不把他看成我们这一代在心理学上是最有创见、最有创造性思想的人物。尽管他的有关性的令人讨厌的观点,比起今天令人讨厌的神学观点令人憎恶得多,而且有损于他的学术地位,甚至受到社会非议,但是他的观点却引起了心理疗法和其他领域众多人士的注意并给了他们不少启

altogether given the world of culture more new and pregnant *apperçus* than those which have come from any other source within the wide domain of humanism.

A former student and disciple of Wundt, who recognizes to the full his inestimable services to our science, cannot avoid making certain comparisons. Wundt has had for decades the prestige of a most advantageous academic chair. He founded the first laboratory for experimental psychology, which attracted many of the most gifted and mature students from all lands. By his development of the doctrine of apperception he took psychology forever beyond the old associationism which had ceased to be fruitful. He also established the independence of psychology from physiology, and by his encyclopedic and always thronged lectures, to say nothing of his more or less esoteric seminary, he materially advanced every branch of mental science and extended its influence over the whole wide domain of folklore, mores, language, and primitive religion. His best texts will long constitute a thesaurus which every psychologist must know.

Again, like Freud, he inspired students who went beyond him (the Wurzburgers and introspectionists) whose method and results he could not follow. His limitations have grown more and more manifest. He has little use for the unconscious or the abnormal, and for the most part he has lived and wrought in a preevolutionary age and always and everywhere underestimated the genetic standpoint. He never transcends the conventional limits in dealing, as he so rarely does, with sex. Nor does he contribute much

发,这些人比起人文学界的其他学科的人士给人文世界的贡献更新颖,更有意义。

作为万德特先前的一名学生,他发现了万德特对精神分析这一科学不可估量的贡献,并情不自禁地做了一些比较。万德特几十年来久负盛誉,坐定了心理学届的头把交椅,他创立的第一个心理学实验室,吸引了来自世界各地的最具天赋,最有发展潜力的学子。他创立的统觉学说使心理学永远地把已停止发展的联想心理学甩在身后。他还使得心理学从生理学中独立出来,而他百科全书式的演讲吸引了如潮的听众,更毋需说他具有神秘色彩的学校使他在心理科学的每一个分支都取得了重大进展,并把它的影响扩展到了民俗、传统习惯、语言以及原始宗教等各个领域。他最好的文章将在很长时间内是传世经典,每一个心理学家必须知晓。

而且,像弗洛伊德一样,他启发了超越他的学生(内省主义者),他们的方法和结果他不愿接受,他的局限性也愈发明显。他几乎不利用潜意识和那些不正常的东西,而且他生活和工作的大部分时间常常低估遗传学的观点,他从未能超越对待性的传统的处理方法。在情感的广阔领域他也没有做出什么大不了的贡献。我们不禁要表达一

likely to be of permanent value in any part of the wide domain of affectivity. We cannot forbear to express the hope that Freud will not repeat Wundt's error in making too abrupt a break with his more advanced pupils like Adler or the Zurich group. It is rather precisely just the topics that Wundt neglects that Freud makes his chief corner-stones, viz., the unconscious, the abnormal, sex, and affectivity generally, with many genetic, especially ontogenetic, but also phylogenetic factors. The Wundtian influence has been great in the past, while Freud has a great present and a yet greater future.

In one thing Freud agrees with the introspectionists, viz., in deliberately neglecting the "physiological factor" and building on purely psychological foundations, although for Freud psychology is mainly unconscious, while for the introspectionists it is pure consciousness. Neither he nor his disciples have yet recognized the aid proffered them by students of the autonomic system or by the distinctions between the epicritic and protopathic functions and organs of the cerebrum, although these will doubtless come to have their due place as we know more of the nature and processes of the unconscious mind.

If psychologists of the normal have hitherto been too little disposed to recognize the precious contributions to psychology made by the cruel experiments of Nature in mental diseases, we think that the psychoanalysts, who work predominantly in this field, have been somewhat too ready to apply their findings to the operations of the normal mind; but we are optimistic enough to believe that in the end both these er-

种希望——弗洛伊德不要重蹈万德特的覆辙,不要和阿德勒和苏黎士学府里这样优异的学生一刀两断。弗洛伊德学说产生的基石也正是万德特所忽视的主题,即潜意识的、不正常的东西、性、和许多遗传学,特别是与个体发生遗传学相关的,还有种族系统遗传因素。万德特学派的影响曾经风靡一时,而弗洛伊德的学说当前却步入辉煌,而且将来会更加灿烂。

尽管弗洛伊德的心理学区点主要是有关潜意识因素,而内省主义者关注的只是有意识的因素,弗洛伊德和内省主义者有一点是相通的,即有意忽视“生理学的因素”,把理论建立在纯心理的基础之上。弗洛伊德和他的弟子们都没能认识到自主系统的功能和大脑组织器官的区别所提供的帮助,虽然随着我们对潜意识的心理活动的本质和过程了解增多,我们知道,这些东西在精神分析领域都应有一席之地。

造物主用精神病的残酷实验给心理学做出了珍贵的贡献,如果弗洛伊德之前的普通的心理学家没有认识到其价值,那么,我们认为精神分析者,即在这一领域工作的人,一定会把他们的研究成果应用到正常心理的运作上去。但我们还是乐观的,我们相信两种错误倾向都将

rors will vanish and that in the great synthesis of the future that now seems to impend our science will be made vastly richer and deeper on the theoretical side and also far more practical than it has ever been before.

G. STANLEY HALL.

Clark University,

April, 1920.

消失,我们相信不久的将来,理论和实践的结合将会在空前广阔的领域丰富和深化。

G·斯坦雷·霍尔

克拉克大学

1920年4月

PART I

THE PSYCHOLOGY OF ERRORS

FIRST LECTURE

INTRODUCTION

I do not know how familiar some of you may be, either from your reading or from hearsay, with psychoanalysis. But, in keeping with the title of these lectures—*A General Introduction to Psychoanalysis*—I am obliged to proceed as though you knew nothing about this subject, and stood in need of preliminary instruction.

To be sure, this much I may presume that you do know, namely, that psychoanalysis is a method of treating nervous patients medically. And just at this point I can give you an example to illustrate how the procedure in this field is precisely the reverse of that which is the rule in medicine. Usually when we introduce a patient to a medical technique which is strange to him, we minimize its difficulties and give him confident promises concerning the result of the treatment. When, however, we undertake psychoanalytic treatment with a neurotic patient we proceed differently. We hold before him the difficulties of the method, its length, the exertions and the sacrifices which it will cost him; and, as to the result, we tell him that we make no defi-

第一部分

失误心理学

第一讲

绪 论

我不知道诸位通过阅读或传闻对精神分析了解多少。不过,就我今天演讲的题目——精神分析引论——来说,我不得不假定你们对于本题目一无所知,因而尚需一些初步介绍。

当然,我可以姑且认为诸位对精神分析有所了解,那就是,精神分析是治疗精神病患者的一种医学疗法。仅就这种疗法而言,我便可以举一实例说明它与其它疗法的程序不但不同而且大相径庭。通常当我们向病人介绍一种新的疗法时,我们往往极力淡化治疗中的种种困难,并向病人承诺它的疗效。但用精神分析治疗精神病患者时,我们并不这样做。我们要告知他本人治疗中会遇到何种困难,治疗时间如何长久,他本人又如何需要付出巨大努力和牺牲。至于疗效如何,我们只能告诉患者

nite promises, that the result depends on his conduct, on his understanding, on his adaptability, on his perseverance. We have, of course, excellent motives for conduct which seems so perverse, and into which you will perhaps gain insight at a later point in these lectures.

Do not be offended, therefore, if, for the present, I treat you as I treat these neurotic patients. Frankly, I shall dissuade you from coming to hear me a second time. With this intention I shall show what imperfections are necessarily involved in the teaching of psychoanalysis and what difficulties stand in the way of gaining a personal judgment. I shall show you how the whole trend of your previous training and all your accustomed mental habits must unavoidably have made you opponents of psychoanalysis, and how much you must overcome in yourselves in order to master this instinctive opposition. Of course I cannot predict how much psychoanalytic understanding you will gain from my lectures, but I can promise this, that by listening to them you will not learn how to undertake a psychoanalytic treatment or how to carry one to completion. Furthermore, should I find anyone among you who does not feel satisfied with a cursory acquaintance with psychoanalysis, but who would like to enter into a more enduring relationship with it, I shall not only dissuade him, but I shall actually warn him against it. As things now stand, a person would, by such a choice of profession, ruin his every chance of success at a university, and if he goes out into the world as a practicing physician, he will find himself in a society which does not understand his aims, which regards him with suspicion and

我们无法保证,任何疗效均取决于他自己的行为、理解、适应性和忍耐力。我们之所以要采用这种似乎反常的做法,当然有其充分的理由。这种理由诸位在以后的演讲中会逐渐明白的。

请原谅我在演讲一开始便像对待精神病患者那样来对待诸位。坦白地说,我应该奉劝诸位下一次不要再来听讲了。所以下面我要告诉诸位讲授精神分析必然遭遇到的种种缺陷,以及对于精神分析形成自己独立判断的种种困难。我还要向你们指出,以前你们所接受的教育,你们的思维习惯是如何迫使你们反对精神分析,以及为了控制这种本能的抵抗,你们必须如何努力克服内心的这些障碍。当然,我无法预言你们能从我的演讲中了解多少有关精神分析的知识,但我可以担保,听了这些演讲之后,你们不可能学会如何进行精神分析治疗,或怎样完整实施这一治疗。然而,如果你们当中确实有人不满足于对精神分析的肤浅了解,而却要对精神分析进行长久的研究,我不仅要加以劝阻,而且实际上还要告诫他,不要这样做。因为就目前来说,选择这样的职业不仅会破坏他在大学所有成功的机会,而且当他踏入社会正式开业行医时,将会发现整个社会并不能理解他的目的;人们会对他怀疑、敌视;并向他随意发泄一切隐藏

hostility, and which turns loose upon him all the malicious spirits which lurk within it.

However, there are always enough individuals who are interested in anything which may be added to the sum total of knowledge, despite such inconveniences. Should there be any of this type among you, and should they ignore my dissuasion and return to the next of these lectures, they will be welcome. But all of you have the right to know what these difficulties of psychoanalysis are to which I have alluded.

First of all, we encounter the difficulties inherent in the teaching and exposition of psychoanalysis. In your medical instruction you have been accustomed to visual demonstration. You see the anatomical specimen, the precipitate in the chemical reaction, the contraction of the muscle as the result of the stimulation of its nerves. Later the patient is presented to your senses; the symptoms of his malady, the products of the pathological processes, in many cases even the cause of the disease is shown in isolated state. In the surgical department you are made to witness the steps by which one brings relief to the patient, and are permitted to attempt to practice them. Even in psychiatry, the demonstration affords you, by the patient's changed facial play, his manner of speech and his behavior, a wealth of observations which leave far-reaching impressions. Thus the medical teacher preponderantly plays the role of a guide and instructor who accompanies you through a museum in which you contract an immediate relationship to the exhibits, and in which you believe yourself to have been convinced through your own observation of the existence of the new things you see.

着的罪恶冲动。

然而,尽管有诸多不便,社会上总有一些人会被一种新知识所吸引。你们如果有人对我的警告置若罔闻,而且第二次仍来听讲,我当然不胜欢迎。但你们都有权利知道我所要指出的精神分析的困难所在。

首先,我要谈谈讲授和说明精神分析本身固有的一些困难。你们作医学研究时,已经习惯了视觉演示。你们可以看见解剖的标本,化学反应的沉淀物,神经受刺激后肌肉的收缩。后来你们开始与病人接触,你们用感官去了解疾病的症状、观察病理作用的后果,甚至在很多情况下还可以单独分析致病原因。在外科部门,你们可以看到为治疗患者而采取的一些积极的措施,并且自己也可以去尝试。甚至在精神治疗方面,患者变化异常的面部表情、语言和行为方式,也给你们提供了大量印象深刻的观察材料。因此医学教师的优势在于他们能够扮演向导和讲解员的角色,陪同你们参观博物馆,而你们则因此可以与那些展览品进行直接的接触,通过自己亲自观察使自己确信新事实的存在。