



## Neurosis

**We all suffer from some neurosis  
Are you able to recognize it?**

### Exercise 1

1. What is neurosis and how many types are there?
2. How is a neurosis diagnosed?
3. What is the treatment for neuroses?
4. Does the article explain why the neurosis has an influence on the social development of the subject?
5. What consequences can a neurosis patient have if he is not treated promptly?

### Exercise 2

Prepare a summary where the bio-social theory of neurosis is explained

Resource:

<http://webpace.ship.edu/cgboer/genpsyneurosis.html>

## SUGGESTED ANSWERS

### EXERCISE 1 QUESTIONS

#### 1. What is neurosis?

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Neurosis is a symbolic behavior used in defense against excessive psychobiological pain. Neurosis is self-perpetuating because symbolic satisfactions cannot satisfy real needs.

Being fed, kept warm and dry, growing and developing at our own pace, being held and caressed, and being stimulated. They are the primary needs in the baby's core reality.

The neurotic process begins when these needs are not met for any length of time. A newborn does not know that he should be picked up when he cries or that he should not be weaned too soon, but when his needs are not taken care of, he feels pain.

The dissatisfied baby is learning to disguise and change his needs into symbolic ones. As an adult, you may not feel the urge to suck on your mother's breast due to abrupt early weaning, but you will be a relentless smoker. Your need to smoke is a symbolic need, and the essence of neurosis is the search for symbolic satisfactions.

Neurosis does not begin the moment a child suppresses his first sensation, but we could say that the neurotic process does. The child is born into the needs of his parents and begins to struggle to satisfy them almost from the moment he is alive. What he will not do is to be himself. In a short time, neurotic behavior becomes automatic. Neurosis, then, is the defense against catastrophic reality in order to protect the development and the psychophysical integrity of the organism.

What the neurotic does is to put new labels on old unconscious needs. Over time you may come to believe that these labels are real feelings and that your search is necessary

#### 1. What types of neuroses are there?

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There are a few different types of neurosis. These are some examples.

- Anxious neurosis: Extreme anxiety and worry characterize this type of neurosis, as well as panic attacks and physical symptoms such as tremors and sweating.

- Depressive neurosis: Consists of deep and ongoing sadness, often coupled with loss of interest in activities that once provided pleasure.
- Obsessive-compulsive neurosis: This condition involves repeating intrusive thoughts, behaviors, or mental acts. Both repeating and being deprived of these signals can cause distress.
- War or combat neurosis: Now known as post-traumatic stress disorder (PTSD), this involves excessive stress and an inability to function in everyday life after experiencing deeply traumatic events.

Neurosis was often used to describe diseases in which the nervous system does not function properly, and no lesions are shown to explain the dysfunction.

## 2. How is a neurosis diagnosed?

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Neurosis is not currently diagnosed by health professionals. Psychologists and psychiatrists now place symptoms that resemble those of neurosis within the category of depressive or anxiety disorders. However, some psychoanalysts still use the term. Neuroticism, on the other hand, can be identified and scored by personality tests

## 3. What is the treatment for neuroses?

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The neurosis would be treated with standard psychological care. Conditions that are now diagnosed differently, such as depressive disorder, should be treated with the same methods as today, when neurosis is used as the active diagnosis.

Treatment may include psychotherapy, psychoactive drugs, and relaxation exercises, such as deep breathing.

Other methods include cognitive behavioral therapy, which adjusts defective psychological mechanisms that respond to the environment, to react as they should. Creative therapies, such as art therapy or music therapy, have also been used to treat neurosis-like mental disorders.

## 4. Explain why neurosis influences the subject's social development?

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Many people develop neurosis during adolescence. Sometimes dramatic physical and emotional changes alone can overload some teens. Even more likely, these changes, combined with the need to demonstrate social competence and gain peer approval can lead to great stress and overwhelm the adolescent's emotional capacities. Adolescents rejected by their peers, due to weight problems, physical appearance, weakness,

retardation and learning problems, social shyness or awkwardness, sexual orientation, race, ethnicity, national origin, etc., are especially vulnerable. Many, if they have the resources and especially if they have the support of family and friends, recover in early adulthood. Others do not.

Like the child, the adolescent is still at a developmental stage and has the added burden of requiring the social skills involved in sexual competition. These are generally learned by imitating other teenagers, especially those who are admired for their skills and successes. Learning is then supported by obtaining validation from other adolescents in the form of acceptance and approval. Without that approval, the adolescent does not feel confident in his social skills and again lives with the anxiety of never knowing how to act. The adolescent is left with feelings of isolation and low self-esteem.

Many of these problems continue to apply into young adulthood and even later. Young adults generally feel the need for a partner in life, a network of friends, a sense of competence as evidenced by success in college or in the workplace, and so on. Later, the desire for children, financial security, and social respect adds to the stress. And later still, accepting the prospect of ill health, the death of friends and family, and mortality itself provide the older adult with new challenges to their emotional strength. However, the better the foundation in childhood and adolescence, the better the chances that the adult can cope major problems.

5. What consequences can a patient with neurosis have if he is not treated in a timely manner?

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Anxiety affects people in a number of ways, from causing feelings of restlessness to making it difficult to sleep. In some people, it can cause ringing in the ears, also known as tinnitus.

People with tinnitus may hear buzzing, buzzing, hissing, or other sounds not associated with an external source. The severity varies from person to person, but it can be distracting and upsetting, affecting someone's quality of life. It can also trigger worsening episodes of anxiety and depression. Characteristics of anxiety include tense feelings, worried thoughts, and physical changes such as increased blood pressure.

Anxiety is the body's natural response to stress. Stress is the result of a complex interaction between someone's thoughts and their physical reactions.

Other symptoms of anxiety

People with anxiety may experience intrusive thoughts or worries that keep coming back.

They may also have physical symptoms, including:

- spasms or tremors
  - headaches
  - perspiration
  - xerostomia
  - muscle tension
  - palpitations
  - dizziness
  - fatigue
  - fast breathing
  - trouble sleeping and nightmares
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## EXERCISE 2

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Prepare a summary where the bio-social theory of neurosis is explained

Neurosis from the bio-social approach refers to a variety of psychological problems that involve persistent experiences of negative effect that include anxiety, sadness or depression, anger, irritability, mental confusion, low sense of self-esteem, etc., behavioral symptoms such as avoidance phobic, vigilance, impulsive and compulsive acts, lethargy, etc., cognitive problems such as unpleasant or disturbing thoughts, repetition of thoughts and obsession, habitual fantasy, negativity and cynicism, etc. Interpersonally, the neurosis involves dependency, aggressiveness, perfectionism, schizoid isolation, socioculturally inappropriate behaviors, etc.

In general, neurosis means a poor ability to adapt to our environment, an inability to change life patterns, and the inability to develop a richer, more complex, and satisfying personality.

The first point to keep in mind is that there are predisposing physiological characteristics, mostly hereditary. The most obvious is the temperament trait (or traits) known as neuroticism or emotional instability. Other features can also contribute, such as extremely high or low consciousness.

It may be that any hereditary trait, when present in the extreme, makes the person more prone to developing neurotic problems.

The second point is that culture, education and learning in general can prepare you to deal with the stress of life, or not. These factors can also serve to override or exacerbate predisposing physiological conditions.

The third point refers to the triggering stressors in people's lives that lead to the various emotional, behavioral and cognitive symptoms of neurosis. These stressors can be

understood as situations of uncertainty and confusion, generally involving interpersonal relationships, which overwhelm the capacities of the person, learned and / or inherited, to cope with those situations.

On the other hand, we should not jump to conclusions about this: not all neurotics raise neurotic children, and not all neurotics were raised by neurotic parents. There are many stressful events that can overwhelm even quite emotionally stable and well-behaved children, adolescents, and even adults. Among these, we can mention the death of the parents, their divorce and remarriage, foster homes, institutionalization, poor health of the child or parents, experiences in times of war, immigration, poverty and homelessness, assault, sexual abuse, intolerance, etc. Psychologists and psychiatrists have been trying to label neuroses for centuries without agreeing on a definition. Although it is no longer used, the diagnosis of neurosis was an important first step in understanding and treating today's psychological disorders.