

A New Concept of Psyche

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Abstract

I derive metapsychological and psychological aspects and their basic meanings from language and classify them accordingly.

The result is a much more comprehensive and lifelike classification of the psyche than a purely scientific perspective.

Keywords

Brief preliminary remarks ¹

Motto: "We should question the mother in her home, the children on the street and the common man at the market, and then watch their mouths to see how they talk ..."
(Martin Luther)² - to find out what concerns them.

I think psychology today is in crisis because it defines itself too one-sidedly as a science. This neglects scientifically elusive issues. These include not only a number of everyday problems, but above all the great human questions.

With my concept, I would like to open up another perspective for understanding the psyche - from a purely scientific to a more lifelike view. Following Luther's motto, I see language as the most suitable instrument for this. It makes statements about how people experience themselves and the world - with corresponding differentiations and meanings.

I look at psychology and psyche from the perspective of an unusual metapsychology.

- First, I derive a general classification of everything that can be relevant to psyche and person from analogies to basic language patterns. In doing so, I assume that everything that is psychologically and personally relevant is best expressed through language. Like language, this → **Differentiation** includes everything that is psychologically and personally relevant. (Syntactic Classification).

- Second, I derive fundamental and existential meanings and → **Dimensions** of human existence from corresponding linguistic expressions. (Semantic Classification).

- Third, I discuss psychologically and personally relevant units in these distinctions and dimensions. I assume that all psychic and personal entities above a certain level are

¹ a) Due to the shortness of this article only keyword-like. Detailed in chapters 'Metapsychology' and 'Psychology' in <https://new-psychiatry.com/metapsychology-and-psychology/>.

b) I first published the first version in Academia letters in 8/2021, <https://doi.org/10.20935/AL3270>.

² <https://www.dw.com/de/wenn-es-dem-esel-zu-gut-geht-13-luther-zitate-die-bis-heute-zutreffen/a-38403391>

fundamentally differentiated and dimensioned in the same way.

- Fourth, in the part 'Metapsychiatry', I assume that psychical and personal disorders occur when fundamental existential dimensions are confused (→ Inversions). (Pragmatic Classification).

This new classification leads to some new aspects in psychology and psychopathology and it offers - like language - the greatest possible '**differentiations**' of the psyche, and takes into account its most important '**dimensions**' (ranks and meanings).³

On 1. The **Differentiation**

"Language is yet more than blood."

Franz Rosenzweig

The differentiation is based on the formation of analogies between patterns of language and patterns of that, which is psychically relevant, including the psyche itself.⁴

Substantiation

The psyche itself can only be determined indirectly. We can draw conclusions about the psyche from people's behavior, their culture, human history, and many other sources. But no other instrument gives us as much information about everything psychologically relevant as language. Therefore, language seems to be the best method to capture, describe, organize, and reflect everything that is important to people in relation to the world, their fellow human beings, and themselves.

I start from analogies between language and psyche.⁵ A person's psyche includes everything that concerns the person, and everything that concerns him, in turn, finds the most important and differentiated expression in language. For this reason, it makes sense to derive structures of psyche from structures of language.⁶

In analogy to the grammar of language, one could speak of a "grammar of the psyche". Just as language differentiates our existence, I differentiate the psyche. Therefore, I assume that basic characteristics of language in terms of its structure, dynamics, and qualitative statements are similarly found in the psyche. In other words, psyche has similar characteristics to language in terms of its structure, dynamics, and meaning contents.⁷

Implementation

First, I derive basic patterns of the psychical relevant as well as the psyche from basic patterns of language.

³ In this way, psychologically relevant phenomena are differentiated "horizontally" - analogous to pattern of language - , and represented vertically by "dimensions" according to their importance.

⁴ 'Psychically relevant' means everything that has importance for people. 'Psyche' means the personal psychical relevant.

⁵ Lévi-Strauss and Lacan had a similar idea and postulated a "homology" between language and (but only) the unconscious.

⁶ In this work, I start from simple grammars of developed languages, which essentially coincide in their rules.

⁷ More on this in the unabridged version.

As a simple basic pattern of a (developed) language, one can use the classification in nouns, verbs, adjectives and syntax.

- Nouns primarily represent things, people and other forms of being.
- Verbs primarily represent modalities, activities, processes and times.
- Adjectives primarily represent characteristics and qualities.
- The syntax with subject and predicate represents relationships of nouns, verbs and adjectives.

For the psyche itself (as personal form of the psychical relevant), this means:

Psyche is both - in relation to and also personally representative of

- Things, persons and other "forms of being"
- Modalities, activities, processes and times
- Properties and qualities
- Subject(s), object(s) and their contexts.

I call this basic pattern the "four main aspects of differentiation", which are further differentiated into 23 further aspects. (See table later or in more detail in the [Summary table](#) ⁸ (1st column Asp. AI-AIV and Asp. A1-A23). ⁹

On 2. The **Dimensions**

Ortega y Gasset: "... it is by no means indifferent how we formulate things. The law of the perspective of life is not only subjective, but rooted in the nature of things ... themselves. ... The mistake is to assume that it is up to our arbitrariness to assign things to their proper rank." ¹⁰

I postulate in the first level of classification three basic dimensions of the psychical relevant in general and the psyche in particular: absolute, relative and 0 dimension.¹¹ These provide information about the rank and fundamental importance of every psychical relevant. This means that everything that is psychically relevant has one of these three importances: Either something has absolute or relative or (almost) no importance. Further, I assume (similar to Ortega) a basic hierarchical order of these importances. ¹²

The Absolute is the decisive and determines the psyche. The Absolute is superordinate to all other psychic aspects (therefore also to superego, id and ego) and determines them.

The respective Absolutes also determine the interpersonal realm and ultimately every personal system.¹³

⁸ <https://new-psychiatry.com/wp-content/uploads/Summary-table.pdf>

⁹ With such a division of language structures, one can collect, name, and classify everything that is psychically relevant.

¹⁰ Ortega y Gasset In: „Triumph des Augenblicks Glanz der Dauer“ DVA Stuttgart, 1983 S. 75ff. Translated by me.

¹¹ In language, too, similar differences in meaning are made with absolute words and absolute statements on the one hand and relative words and relative statements on the other.

¹² For further classification of the dimensions, see [Summary table](#) 1st column Asp. Aa1-Aa7.

¹³ The Absolute can be a true or a multitude of Pseudo-absolutes. More in <https://new-psychiatry.com/metapsychiatry-and-psychiatry/> .

The 7 Synonyms of the Absolute (2nd stage of differentiation)

The character of the Absolute (A) becomes more apparent if looking at the origin of the word: It originates from the Latin word "absolutus" and denotes a matter or subject which is detached and independent.

In this study, I use the following 7 synonyms:

1. **absolute**
2. self
3. actual
4. whole, complete
5. unconditional
6. primary, first-rate
7. independent

The term `absolute´ is the keyword.

Expressed nounically: The Absolute is the solved, the Self (the with-itself-identical), the actual, the unified, the unconditional, the primary and the independent, the most important, the most essential and existential. It appears as the primary, the primordial reason, the primordial thing, primordial leap, the ultimately determining, the incomparable, unquestionable, basic, fundamental, main, basic and elementary.

It is the core, center, heart, switching point, center of the subject, etc.

For the `core-absolute' these properties apply unconditionally and for the `also-absolute' only conditionally.

Just as I named 7 synonyms of the Absolute in the 2nd stage of differentiation, I also name 7 synonyms of the **first-rate Relative**. The Relative (compared to the Absolute) is:

1. **relative**, relational
2. different
3. possible
4. partial
5. conditional
6. secondary
7. dependent¹⁴

The term `relative´ is the keyword.

Some New Definitions

Psyche

New Definition of the Psyche

I define psyche as the personal psychic Relevant.¹⁵

¹⁴ As said, relative properties should always be presented in the comparative form, however, for the sake of simplicity, I will portray them in their base form in this study. More on later.

¹⁵ • Actually, one cannot define psyche exactly, because it contains a spiritual, unprovable core - something metapsychic, so to speak.

• In this publication, the terms 'psyche' and 'soul' are used synonymously.

And I define psychology as "the study of the personal psychic Relevant."

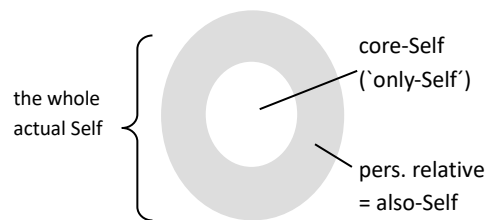
Psyche is the sphere of a person that contains, represents and reflects all that is relevant to it. This includes everything that affects the person's inner self, as well as that which is meaningful to the person outside of him/herself.

This also means:¹⁶

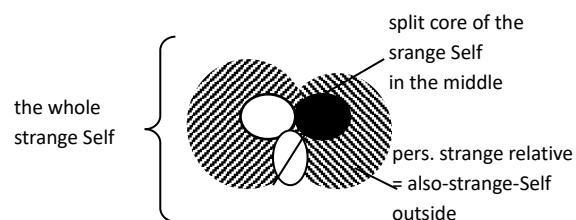
1) In terms of place, the psyche is not confined to a person. While it has a core (the Self) that is individual and unique, it is also connected to the environment and transcends the physical boundaries of the person. Thus, each person's psyche is embedded in a metapsychological sphere.

2) The psyche cannot be limited to certain subjects or aspects. It can include, contain, process, and reflect all that is relevant to a person. This fact is important because there has always been a tendency to limit the psyche to certain aspects. As I said, there is currently a tendency to limit the psyche to what can be objectified and scientifically proven.

3) Something can be of absolute, relative or no importance to the human psyche. What is most important to a psyche is what is of absolute importance.



4) Since man is capable of self-reflection, he simultaneously occupies the role of both subject and object. Here there is a danger of subject-object division as well as subject-object fusion or dissolution of the two. (→ [Subject-Object-Problem](#) ' [Subject-Object-Reversal](#)'



The Self

For me, the term 'self' generally includes any use and meaning of the word 'self' in colloquial language.

Self = wherever you can say 'self'.

To limit the Self to the personal Self, which is our topic, we can define it as follows:

Wherever one can say 'self' in meaningful, person-related sentences, it is a personal Self.

(When I speak of the Self in the following, I mean this personal Self.)

I distinguish between an actual, first-rate Self (a) and those which only appear thus so - the strange Selves (b).

a) the **actual Self**, containing:

- core-Self or 'only-Self' involving:
transcendent part

¹⁶ That is why psychotherapy is not only about the psyche in the narrower sense, but about therapy of the psychic Relevant as a whole. (See [Primary Psychotherapy](#) in part Psychotherapy).

personal part¹⁷

- also-Self (relative part of Self,
"relative Self")

b) **strange Selves** (sS) containing:

- the core of the strange Selves is split into:
pro (or +) sS-core
contra (or -) sS-core
non (0) self-core
- also-sS similar to the core involving
pro, contra and 0-parts.

Own Definition of the 'I'

a) The term 'I' has the same meaning as in common usage.

It stands for the individual person in its entirety, who speaks of itself in the role of the subject. That is, the term 'I' as a personal pronoun means everything that I can say about myself. The emphasis is on the active part of the personality, its role as a subject (I act, I perceive, I feel, etc.).

b) 'The I' resp. 'the Ego' as an object (for example, the I as a subject becomes the object of psychological investigation) - but then, in contrast to 'a', it is possible to say: someone is investigating me.

Elsewhere, I hypothesize that the main cause of mental disorders is a confusion of this hierarchy.¹⁸

¹⁷ See [Absolute attitude](#) of the person.

¹⁸ More in the publication, 'Metapsychiatry' in <https://new-psychiatry.com/metapsychiatry-and-psychiatry/>.

LANGUAGE		P S Y C H E		
Fundamental Meanings	absolute / and relative Adjektivs	DIMENSIONS (absolute / relative)		
		a1 absolute / relative		
		a2 self / different		
		a3 actual / possible		
		a4 whole / partial		
		a5 unconditional / conditional		
		a6 primary (first-rate) / secondary (second-rate)		
		a7 independent / dependent		
Word class { Nouns Verbs Adjectives Syntax		DIFFERENTIATION		
		General Differentiation		
		<u>MAIN ASPECTS</u>		
		Being	I Units: Spirit / Matter	
		Life	II Dynamics: Life / Functioning	
Qualities	III Qualities: abs./ relative Qualities			
Contexts	IV Contexts: Subjects/ Objects			
Single Differentiation <u>SINGLE ASPECTS</u>		NOUNS	Forms of being	Units
				1 All / something (nothing)
				2 God / world
				3 People / things
				4 I / other(s)
				5 pers. spirit / soul, body
				6 Gender
		VERBS Modal auxiliary verbs	Forms of life Modalities	Dynamics (and Modalities)
				7 to be
				8 to want
				9 to have
				10 can
				11 must
				12 should
		Full verbs	Activities	13 may, be allowed
				14 to create
				15 to do, to produce
				16 to perceive
				17 to reproduce
				18 to judge
				19 past
		ADJECTIVES	Qualities	20 present
				21 future
Qualities				
22 right, wrong				
23 negative, positive				

Advantages of this concept

The psychical relevant and the psyche are seen from a metapsychological point of view, which provides a much broader framework and a more lifelike classification than a purely scientific point of view. As a result, nothing psychical relevant and psychical is overlooked or misclassified at the outset. This also implies a partially different conception of the psyche and the Self.

Psyche as the 'personal psychical relevant' includes, represents and reflects all that is relevant to it. This includes not only the person itself, but generally everything else that is relevant to it. I define the Self as the personal Absolute.¹⁹

Author and contact

I am a doctor of psychiatry and psychotherapy and have been working primarily in psychotherapy for decades. For information on my training, please see the unabridged version of the 'Introduction' section.

I have no obligations or liabilities towards individuals or groups.

I am grateful for any feedback:

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¹⁹ More on this definition of Self in https://new-psychiatry.com/metapsychology-and-psychology/#Own_Self-Definition .