Psychoanalytic Criticism: A Freudian Look at Characters in 1984

Freud’s style of psychoanalysis involved a famous method: talk therapy. The ‘patient’ would lie on a couch and talk about his or her problems while the therapist listened intently and searched for answers. On this worksheet you will imagine that you are the therapist. A main character from 1984 (choose from Winston, Julia or O’Brien) has just narrated his/her life to you (the events in 1984) and you have some observations. In the space below, list some of his/her specific behaviours or thoughts in the novel, but categorize them as belonging within the realm of his/her id, superego, or ego. Provide page references! Then, identify which one is most dominant and draw a conclusion about how that affects your character.