

The Translation Table: Metaphor to Mechanics

Your Creative Metaphor	Jungian Technical Term	What it Actually Means
The Ghostwriter	The Shadow	The unconscious container of all the traits, desires, and memories you've "edited out" to stay "Perfect."
The Band or Team	Functional Stack	The four specific ways your brain processes information: Ni (Visionary), Fe (Ambassador), Ti (Critic), Se (Drummer).
The Residents	Complexes	Autonomous "sub-personalities" formed around a trauma or theme (e.g., The Mother Complex, The Perfectionist).
The Neighborhood	The Unconscious	The vast, non-visible part of your mind where the Shadow and Complexes "live."
The "Blank"	Ego Dissociation	A defense mechanism where the Ego (Ni) "unplugs" to avoid the pain of a perceived failure (The Critic's attack).
Both / And	<i>Coincidentia Oppositorum</i>	The union of opposites. The goal of "Individuation"—accepting that the "Saint" and "Villain" are one person.

