Sigmund Freud

CIVILIZATION AND ITS DISCONTENTS

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substitutive satisfactions, which diminish it; and intoxicating substances, which make us insensitive to it. Something of the kind is indispensable.\(^3\) Voltaire has deflections in mind when he ends *Candide* with the advice to cultivate one’s garden; and scientific activity is a deflection of this kind, too. The substitutive satisfactions, as offered by art, are illusions in contrast with reality, but they are none the less psychically effective, thanks to the role which phantasy has assumed in mental life. The intoxicating substances influence our body and alter its chemistry. It is no simple matter to see where religion has its place in this series. We must look further afield.

The question of the purpose of human life has been raised countless times; it has never yet received a satisfactory answer and perhaps does not admit of one. Some of those who have asked it have added that if it should turn out that life has no purpose, it would lose all value for them. But this threat alters nothing. It looks, on the contrary, as though one had a right to dismiss the question, for it seems to derive from the human presumptuousness, many other manifestations of which are already familiar to us. Nobody talks about the purpose of the life of animals, unless, perhaps, it may be supposed to lie in being of service to man. But this view is not tenable either, for there are many animals of which man can make nothing, except to describe, classify and study them; and innumerable species of animals have escaped even this use, since they existed and became extinct before man set eyes on them. Once again, only religion can answer the question of the purpose of life. One can hardly be wrong

\(^3\)In *Die fromme Helene* Wilhelm Busch has said the same thing on a lower plane: "Wer Sorgen hat, hat auch Likör." [*He who has cares has brandy too.*]
a state of things. Thus our possibilities of happiness are already restricted by our constitution. Unhappiness is much less difficult to experience. We are threatened with suffering from three directions: from our own body, which is doomed to decay and dissolution and which cannot even do without pain and anxiety as warning signals; from the external world, which may rage against us with overwhelming and merciless forces of destruction; and finally from our relations to other men. The suffering which comes from this last source is perhaps more painful to us than any other. We tend to regard it as a kind of gratuitous addition, although it cannot be any less fatefully inevitable than the suffering which comes from elsewhere.

It is no wonder if, under the pressure of these possibilities of suffering, men are accustomed to moderate their claims to happiness—just as the pleasure principle itself, indeed, under the influence of the external world, changed into the more modest reality principle—, if a man thinks himself happy merely to have escaped unhappiness or to have survived his suffering, and if in general the task of avoiding suffering pushes that of obtaining pleasure into the background. Reflection shows that the accomplishment of this task can be attempted along very different paths; and all these paths have been recommended by the various schools of worldly wisdom and put into practice by men. An unrestricted satisfaction of every need presents itself as the most enticing method of conducting one’s life, but it means put-

4Goethe, indeed, warns us that ‘nothing is harder to bear than a succession of fair days.’

[Alles in der Welt lässt sich ertragen,
Nur nicht eine Reihe von schönen
Tagen.
(Weimar, 1810–12.)]

But this may be an exaggeration.
know at least one pathological state, mania, in which a condition similar to intoxication arises without the administration of any intoxicating drug. Besides this, our normal mental life exhibits oscillations between a comparatively easy liberation of pleasure and a comparatively difficult one, parallel with which there goes a diminished or an increased receptivity to unpleasure. It is greatly to be regretted that this toxic side of mental processes has so far escaped scientific examination. The service rendered by intoxicating media in the struggle for happiness and in keeping misery at a distance is so highly prized as a benefit that individuals and peoples alike have given them an established place in the economics of their libido. We owe to such media not merely the immediate yield of pleasure, but also a greatly desired degree of independence from the external world. For one knows that, with the help of this 'downer of cares' one can at any time withdraw from the pressure of reality and find refuge in a world of one's own with better conditions of sensibility. As is well known, it is precisely this property of intoxicants which also determines their danger and their injuriousness. They are responsible, in certain circumstances, for the useless waste of a large quota of energy which might have been employed for the improvement of the human lot.

The complicated structure of our mental apparatus admits, however, of a whole number of other influences. Just as a satisfaction of instinct spells happiness for us, so severe suffering is caused us if the external world lets us starve, if it refuses to sate our needs. One may therefore hope to be freed from a part of one's sufferings by influencing the instinctual impulses. This type of defence against suffering is no longer brought to bear on the sensory apparatus; it seeks to master the internal sources of our needs. The extreme form of this is brought about by killing off the instincts, as is prescribed by the worldly wisdom of the East and practised by Yoga. If it succeeds, then the subject has, it is true, given up all other activities as well—he has sacrificed his life; and, by another path, he has once more only achieved the happiness of quietness. We follow the same path when our aims are less extreme and we merely attempt to control our instinctual life. In that case, the controlling elements are the higher psychic agencies, which have subjected themselves to the reality principle. Here the aim of satisfaction is not by any means relinquished; but a certain amount of protection against suffering is secured, in that non-satisfaction is not so painfully felt in the case of instincts kept in dependence as in the case of uninhibited ones. As against this, there is an undeniable diminution in the potentialities of enjoyment. The feeling of happiness derived from the satisfaction of a wild instinctual impulse untamed by the ego is incomparably more intense than that derived from sating an instinct that has been tamed. The irresistibility of perverse instincts, and perhaps the attraction in general of forbidden things finds an economic explanation here.

Another technique for fending off suffering is the employment of the displacements of libido which our mental apparatus permits of and through which its function gains so much in flexibility. The task here is that of shifting the instinctual aims in such a way that they cannot come up against frustration from the external world. In this, sublimation of the instincts lends its assistance. One gains the most if one can sufficiently heighten the yield of pleasure from the sources of psychic and intellectual work. When that is so, fate can do little against one. A satisfaction of this kind, such as an artist's joy in creating, in giving his phantasies body, or a scientist's in solving problems or discovering truths, has a special quality which we shall certainly one day be able to
characterize in metapsychological terms. At present we can only say figuratively that such satisfactions seem 'finer and higher'. But their intensity is mild as compared with that derived from the sating of crude and primary instinctual impulses; it does not convulse our physical being. And the weak point of this method is that it is not applicable generally: it is accessible to only a few people. It presupposes the possession of special dispositions and gifts which are far from being common to any practical degree. And even to the few who do possess them, this method cannot give complete protection from suffering. It creates no impenetrable armour against the arrows of fortune, and it habitually fails when the source of suffering is a person's own body.  

While this procedure already clearly shows an intention of making oneself independent of the external world by seeking satisfaction in internal, psychical processes, the next procedure brings out those features yet more strongly. In it, the connection with reality is still further loosened; satisfac-

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5 When there is no special disposition in a person which imperatively prescribes what direction his interest in life shall take, the ordinary professional work that is open to everyone can play the part assigned to it by Voltaire's wise advice [p. 24 above]. It is not possible, within the limits of a short survey, to discuss adequately the significance of work for the economics of the libido. No other technique for the conduct of life attaches the individual so firmly to reality as laying emphasis on work; for his work at least gives him a secure place in a portion of reality, in the human community. The possibility it offers of displacing a large amount of libidinal components, whether narcissistic, aggressive or even erotic, on to professional work and on to the human relations connected with it lends it a value by no means second to what it enjoys as something indispensable to the preservation and justification of existence in society. Professional activity is a source of special satisfaction if it is a freely chosen one—if, that is to say, by means of sublimation, it makes possible the use of existing inclinations, of persisting or constitutionally reinforced instinctual impulses. And yet, as a path to happiness, work is not highly prized by men. They do not strive after it as they do after other possibilities of satisfaction. The great majority of people only work under the stress of necessity, and this natural human aversion to work raises most difficult social problems.

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6 Cf. 'Formulations on the Two Principles of Mental Functioning' (1911b), and Lecture XXIII of my Introductory Lectures (1916–17).
each one of us behaves in some one respect like a paranoic, corrects some aspect of the world which is unbearable to him by the construction of a wish and introduces this delusion into reality. A special importance attaches to the case in which this attempt to procure a certainty of happiness and a protection against suffering through a delusional remoulding of reality is made by a considerable number of people in common. The religions of mankind must be classed among the mass-delusions of this kind. No one, needless to say, who shares a delusion ever recognizes it as such.

I do not think that I have made a complete enumeration of the methods by which men strive to gain happiness and keep suffering away and I know, too, that the material might have been differently arranged. One procedure I have not yet mentioned—not because I have forgotten it but because it will concern us later in another connection. And how could one possibly forget, of all others, this technique in the art of living? It is conspicuous for a most remarkable combination of characteristic features. It, too, aims of course at making the subject independent of Fate (as it is best to call it), and to that end it locates satisfaction in internal mental processes, making use, in so doing, of the displaceability of the libido of which we have already spoken [p. 28]. But it does not turn away from the external world; on the contrary, it clings to the objects belonging to that world and obtains happiness from an emotional relationship to them. Nor is it content to aim at an avoidance of unpleasure—a goal, as we might call it, of weary resignation; it passes this by without heed and holds fast to the original, passionate striving for a positive fulfilment of happiness. And perhaps it does in fact come nearer to this goal than any other method. I am, of course, speaking of the way of life which makes love the centre of everything, which looks for all satisfaction in loving and being loved. A psychical attitude of this sort comes naturally enough to all of us; one of the forms in which love manifests itself—sexual love—has given us our most intense experience of an overwhelming sensation of pleasure and has thus furnished us with a pattern for our search for happiness. What is more natural than that we should persist in looking for happiness along the path on which we first encountered it? The weak side of this technique of living is easy to see; otherwise no human being would have thought of abandoning this path to happiness for any other. It is that we are never so defenceless against suffering as when we love, never so helplessly unhappy as when we have lost our loved object or its love. But this does not dispose of the technique of living based on the value of love as a means to happiness. There is much more to be said about it. [See below, p. 55]

We may go on from here to consider the interesting case in which happiness in life is predominantly sought in the enjoyment of beauty, wherever beauty presents itself to our senses and our judgement—the beauty of human forms and gestures, of natural objects and landscapes and of artistic and even scientific creations. This aesthetic attitude to the goal of life offers little protection against the threat of suffering, but it can compensate for a great deal. The enjoyment of beauty has a peculiar, mildly intoxicating quality of feeling. Beauty has no obvious use; nor is there any clear cultural necessity for it. Yet civilization could not do without it. The science of aesthetics investigates the conditions under which things are felt as beautiful, but it has been unable to give any explanation of the nature and origin of beauty, and, as usually happens, lack of success is concealed beneath a flood of resounding and empty words. Psychoanalysis, unfortunately, has scarcely anything to say about beauty either. All that seems certain is its derivation from the field of sexual feeling.
The love of beauty seems a perfect example of an impulse inhibited in its aim. 'Beauty' and 'attraction' are originally attributes of the sexual object. It is worth remarking that the genitals themselves, the sight of which is always exciting, are nevertheless hardly ever judged to be beautiful; the quality of beauty seems, instead, to attach to certain secondary sexual characters.

In spite of the incompleteness [of my enumeration (p. 32)], I will venture on a few remarks as a conclusion to our enquiry. The programme of becoming happy, which the pleasure principle imposes on us [p. 25], cannot be fulfilled; yet we must not—indeed, we cannot—give up our efforts to bring it nearer to fulfillment by some means or other. Very different paths may be taken in that direction, and we may give priority either to the positive aspect of the aim, that of gaining pleasure, or to its negative one, that of avoiding unpleasure. By none of these paths can we attain all that we desire. Happiness, in the reduced sense in which we recognize it as possible, is a problem of the economics of the individual's libido. There is no golden rule which applies to everyone: every man must find out for himself in what particular fashion he can be saved. All kinds of different factors will operate to direct his choice. It is a question of how much real satisfaction he can expect to get from the external world, how far he is led to make himself independent of it, and, finally, how much strength he feels he has for altering the world to suit his wishes. In this, his psychical constitution will play a decisive part, irrespectively of the external circumstances. The man who is predominantly erotic will give first preference to his emotional relationships to other people; the narcissistic man, who inclines to be self-sufficient, will seek his main satisfactions in his internal mental processes; the man of action will never give up the external world on which he can try out his strength. As regards the second of these types, the nature of his talents and the amount of instinctual sublimation open to him will decide where he shall locate his interests. Any choice that is pushed to an extreme will be penalized by exposing the individual to the dangers which arise if a technique of living that has been chosen as an exclusive one should prove inadequate. Just as a cautious business-man avoids tying up all his capital in one concern, so, perhaps, worldly wisdom will advise us not to look for the whole of our satisfaction from a single aspiration. Its success is never certain, for that depends on the convergence of many factors, perhaps on none more than on the capacity of the psychical constitution to adapt its function to the environment and then to exploit that environment for a yield of pleasure. A person who is born with a specially unfavourable instinctual constitution, and who has not properly undergone the transformation and rearrangement of his libidoal components which is indispensable for later achievements, will find it hard to obtain happiness from his external situation, especially if he is faced with tasks of some difficulty. As a last technique of living, which will at least bring him substitutive satisfactions, he is offered that of a flight into neurotic illness—a flight which he usually accomplishes when he is still young. The man who sees his pursuit of happiness come to nothing in later

7[The German 'Reiz' means 'stimulus' as well as 'charm' or 'attraction'. Freud had argued on the same lines in the first edition of his Three Essays (1905d), Standard Ed., 7, 209, as well as in a footnote added to that work in 1915, ibid., 156.]

8[The allusion is to a saying attributed to Frederick the Great: 'in my State every man can be saved after his own fashion.' Freud had quoted this a short time before, in Lay Analysis (1926e), Standard Ed., 30, 236.]

9[Freud further develops his ideas on these different types in his paper on 'Libidinal Types' (1931a).]
years can still find consolation in the yield of pleasure of chronic intoxication; or he can embark on the desperate attempt at rebellion seen in a psychosis.  

Religion restricts this play of choice and adaptation, since it imposes equally on everyone its own path to the acquisition of happiness and protection from suffering. Its technique consists in depressing the value of life and distorting the picture of the real world in a delusional manner—which presupposes an intimidation of the intelligence. At this price, by forcibly fixing them in a state of psychical infantilism and by drawing them into a mass-delusion, religion succeeds in sparing many people an individual neurosis. But hardly anything more. There are, as we have said, many paths which may lead to such happiness as is attainable by men, but there is none which does so for certain. Even religion cannot keep its promise. If the believer finally sees himself obliged to speak of God's 'inscrutable decrees', he is admitting that all that is left to him as a last possible consolation and source of pleasure in his suffering is an unconditional submission. And if he is prepared for that, he could probably have spared himself the détourn he has made.

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10[Footnote added 1931:] I feel impelled to point out one at least of the gaps that have been left in the account given above. No discussion of the possibilities of human happiness should omit to take into consideration the relation between narcissism and object libido. We require to know what being essentially self-dependent signifies for the economics of the libido.

Our enquiry concerning happiness has not so far taught us much that is not already common knowledge. And even if we proceed from it to the problem of why it is so hard for men to be happy, there seems no greater prospect of learning anything new. We have given the answer already [p. 26] by pointing to the three sources from which our suffering comes: the superior power of nature, the feebleness of our own bodies and the inadequacy of the regulations which adjust the mutual relationships of human beings in the family, the state and society. In regard to the first two sources, our judgement cannot hesitate long. It forces us to acknowledge those sources of suffering and to submit to the inevitable. We shall never completely master nature; and our bodily organism, itself a part of that nature, will always remain a transient structure with a limited capacity for adaptation and achievement. This recognition does not have a paralysing effect. On the contrary, it points the direction for our activity. If we cannot remove all suffering, we can remove some, and we can mitigate some: the experience of many thousands of years has convinced us of that. As regards the third source, the social source of suffering, our attitude is a different one. We do not admit it at all; we cannot see why the regulations made by ourselves should not, on the
contrary, be a protection and a benefit for every one of us. And yet, when we consider how unsuccessful we have been in precisely this field of prevention of suffering, a suspicion dawns on us that here, too, a piece of unconquerable nature may lie behind—this time a piece of our own psychical constitution.

When we start considering this possibility, we come upon a contention which is so astonishing that we must dwell upon it. This contention holds that what we call our civilization is largely responsible for our misery, and that we should be much happier if we gave it up and returned to primitive conditions. I call this contention astonishing because, in whatever way we may define the concept of civilization, it is a certain fact that all the things with which we seek to protect ourselves against the threats that emanate from the sources of suffering are part of that very civilization.

How has it happened that so many people have come to take up this strange attitude of hostility to civilization? I believe that the basis of it was a deep and long-standing dissatisfaction with the then existing state of civilization and that on that basis a condemnation of it was built up, occasioned by certain specific historical events. I think I know what the last and the last but one of those occasions were. I am not learned enough to trace the chain of them far back enough in the history of the human species; but a factor of this kind hostile to civilization must already have been at work in the victory of Christendom over the heathen religions. For it was very closely related to the low estimation put upon earthly life by the Christian doctrine. The last but one of these occasions was when the progress of voyages of discovery led to contact with primitive peoples and races. In consequence of insufficient observation and a mistaken view of their manners and customs, they appeared to Europeans to be leading a simple, happy life with few wants, a life such as was unattainable by their visitors with their superior civilization. Later experience has corrected some of those judgements. In many cases the observers had wrongly attributed to the absence of complicated cultural demands what was in fact due to the bounty of nature and the ease with which the major human needs were satisfied. The last occasion is especially familiar to us. It arose when people came to know about the mechanism of the neuroses, which threaten to undermine the modicum of happiness enjoyed by civilized men. It was discovered that a person becomes neurotic because he cannot tolerate the amount of frustration which society imposes on him in the service of its cultural ideals, and it was inferred from this that the abolition or reduction of those demands would result in a return to possibilities of happiness.

There is also an added factor of disappointment. During the last few generations mankind has made an extraordinary advance in the natural sciences and in their technical application and has established his control over nature in a way never before imagined. The single steps of this advance are common knowledge and it is unnecessary to enumerate them. Men are proud of those achievements, and have a right to be. But they seem to have observed that this newly won power over space and time, this subjugation of the forces of nature, which is the fulfillment of a longing that goes back thousands of years, has not increased the amount of pleasurable satisfaction which they may expect from life and has not made them feel happier. From the recognition of this fact we ought to be content to conclude that power over nature is not the only precondition of human happiness, just as it is not the only goal of cultural endeavour; we

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[Freud had discussed this question at considerable length two years earlier, in the opening chapters of The Future of an Illusion (1927).]
ought not to infer from it that technical progress is without value for the economics of our happiness. One would like to ask: is there, then, no positive gain in pleasure, no unequivocal increase in my feeling of happiness, if I can, as often as I please, hear the voice of a child of mine who is living hundreds of miles away or if I can learn in the shortest possible time after a friend has reached his destination that he has come through the long and difficult voyage unharmed? Does it mean nothing that medicine has succeeded in enormously reducing infant mortality and the danger of infection for women in childbirth, and, indeed, in considerably lengthening the average life of a civilized man? And there is a long list that might be added to benefits of this kind which we owe to the much-despised era of scientific and technical advances. But here the voice of pessimistic criticism makes itself heard and warns us that most of these satisfactions follow the model of the 'cheap enjoyment' extolled in the anecdote—the enjoyment obtained by putting a bare leg from under the bedclothes on a cold winter night and drawing it in again. If there had been no railway to conquer distances, my child would never have left his native town and I should need no telephone to hear his voice; if travelling across the ocean by ship had not been introduced, my friend would not have embarked on his sea-voyage and I should not need a cable to relieve my anxiety about him. What is the use of reducing infantile mortality when it is precisely that reduction which imposes the greatest restraint on us in the begetting of children, so that, taken all round, we nevertheless rear no more children than in the days before the reign of hygiene, while at the same time we have created difficult conditions for our sexual life in marriage, and have probably worked against the beneficial effects of natural selection? And, finally, what good to us is a long life if it is difficult and barren of joys, and if it is so full of misery that we can only welcome death as a deliverer?

It seems certain that we do not feel comfortable in our present-day civilization, but it is very difficult to form an opinion whether and in what degree men of an earlier age felt happier and what part their cultural conditions played in the matter. We shall always tend to consider people's distress objectively—that is, to place ourselves, with our own wants and sensibilities, in their conditions, and then to examine what occasions we should find in them for experiencing happiness or unhappiness. This method of looking at things, which seems objective because it ignores the variations in subjective sensibility, is, of course, the most subjective possible, since it puts one's own mental states in the place of any others, unknown though they may be. Happiness, however, is something essentially subjective. No matter how much we may shrink with horror from certain situations—of a galley-slave in antiquity, of a peasant during the Thirty Years' War, of a victim of the Holy Inquisition, of a Jew awaiting a pogrom—it is nevertheless impossible for us to feel our way into such people—to divine the changes which original obtuseness of mind, a gradual stupefying process, the cessation of expectations, and cruder or more refined methods of narcotization have produced upon their receptivity to sensations of pleasure and unpleasure. Moreover, in the case of the most extreme possibility of suffering, special mental protective devices are brought into operation. It seems to me unprofitable to pursue this aspect of the problem any further.

It is time for us to turn our attention to the nature of this civilization on whose value as a means to happiness doubts have been thrown. We shall not look for a formula in which to express that nature in a few words, until we have learned