

# *Human Nature Is Inherently Bad*

Sigmund Freud

Excerpt from *Civilization and Its Discontents* (1930)

Sigmund Freud (1856–1939) is famous as the founder of psychoanalysis and for his view of sex as a primary motivating factor in human behavior. He studied medicine at the University of Vienna and after graduation researched the organic bases of mental disorders. Freud's research led him to the study of hypnosis, which in turn led him to investigate the possibility that our mental lives are shaped primarily by unconscious forces.

Men are not gentle creatures who want to be loved, and who at the most can defend themselves if they are attacked; they are, on the contrary, creatures among whose instinctual endowments is to be reckoned a powerful share of aggressiveness. As a result, their neighbour is for them not only a potential helper or sexual object, but also someone who tempts them to satisfy their aggressiveness on him, to exploit his capacity for work without compensation, to use him sexually without his consent, to seize his possessions, to humiliate him, to cause him pain, to torture and to kill him. *Homo homini lupus* ["Man is a wolf to man"]. Who, in the face of all his experience of life and of history, will have the courage to dispute this assertion? As a rule this cruel aggressiveness waits for some provocation or puts itself at the service of some other purpose, whose goal might also have been reached by milder measures. In circumstances that are favourable to it, when the mental counter-forces which ordinarily inhibit it are out of action, it also manifests itself spontaneously and reveals man as a savage beast to whom consideration towards his own kind is something alien. Anyone who calls to mind the atrocities committed during the racial migrations or the invasions of the Huns, or by the people known as Mongols under Jenghiz Khan and Tamerlane, or at the capture of Jerusalem by the pious Crusaders, or even, indeed, the horrors of the recent World War—anyone who calls these things to mind will have to bow humbly before the truth of this view.

The existence of this inclination to aggression, which we can detect in ourselves and justly assume to be present in others, is the factor which disturbs our relations with our neighbour and which forces civilization into such a high expenditure [of energy]. In consequence of this primary mutual hostility of human beings, civilized society is perpetually threatened with disintegration. The interest of work in common would not hold it together; instinctual passions are stronger than reasonable interests. Civilization has to use its utmost efforts in order to set limits to man's aggressive instincts and to hold the manifestations of them in check by psychical reaction-formations. Hence, therefore, the use of methods intended to incite people into identifications and aim-inhibited relationships of love, hence the restriction upon sexual life, and hence too the ideal's commandment to love one's neighbour as oneself—a commandment which is really justified by the fact that nothing else runs so strongly counter to the original nature of man. In spite of every effort, these endeavours of civilization have not so far achieved very much. It hopes to prevent the crudest excesses of brutal violence by itself assuming the right to use violence against criminals, but the law is not able to lay hold of the more cautious and refined manifestations of human aggressiveness. ...

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