

© www.practicus.co.kr

Word of the Day – **Psyche**

Transcript

Hi everyone. Today's word of the day is **psyche**. **Psyche** is a noun. It is more of a formal and clinical word. Therefore you won't hear it much in casual conversation but more in, perhaps, medical discussions, especially in psychology. It is a neutral word. The definition of **psyche** is mainly based around a human soul, spirit, or mind. If you're speaking with a psychologist when the word "**psyche**" will mainly be about a person's mental state and structure.

For example, let's say your relatives are visiting you and they are going to be sleeping over at your apartment for the weekend. Your elderly uncle and aunt go to sleep early because they are tired. You end up staying up late at night with your younger cousins, drinking and talking. But suddenly you find your older uncle is sleepwalking in his underwear. His eyes are closed but he is walking very slowly into the living room, talking very quietly to himself. Your cousins are embarrassed and want to wake him up but you are worried it might put your uncle into shock. You can say,

"Hey, I don't it's such a good idea to suddenly wake someone up when they're sleepwalking. The human psyche is very fragile and I don't want to risk injuring our Uncle. Let's just gently guide him back to bed."

You can be confused at times when to use the words "brain", "mind", and "**psyche**". Here's a simple tip. Brain is used when talking about the physical body, including strokes and surgery. Mind is more of a casual way to refer to what you are just thinking about. **Psyche** is used when you are talking about a person's deep features of their personality and innermost desires.

If you would like more information, or the full transcript, please visit our website. Thank you very much and take care.