**Exploring the working of mind**

**Hysteria:**

A disorder characterized by physical symptoms for which there is no apparent physical cause.

Or

“Medical symptoms without medical cause”.

**Catharsis:**

The release of drive energy in indirect form, either through the process of recalling emotionally charged experiences or involvement in symbolic activity.

**Free Association:**

A technique by Freud for studying the mind, based on asking a person to simply says whatever floated into the mind.

Freud used this therapy to put unexpressed emotions on the surface, according to him during talking we express our emotions.