Anima and Animus are concepts introduced by C. G. Jung and very widely used in deep psychoanalysis, especially from the Jung school. The concepts of Anima and Animus are mental structures, which are part of the collective unconsciousness. Simply said, it’s the idea of the female in the man-Anima and vice versa the male in the woman - Animus. In other words these are the female parties in the male psyche and the males in the female psyche. It means that they are archetypes so that in every person they exist a priori and unconsciously, and only in the case of psychoanalysis one can consciously confront them. In each of us, regardless of our gender, are laid down as male and female. Every man has his feminine side, as well as the female- her male, but usually these notions do not occur consciously because there are many factors that influence and forcing us to suppress part of our own nature. These are the family, cultural or religious parenting, as well as the standards required in a given society. There are certain rules for how a man and a woman should behave, which strongly influence the formation of our belief and behavior, regardless of our individual traits of character. However, each of us carries these two mental images, which determine
our needs, motives and mode of behavior. We can imagine Anima and Animus as a symbolic wedding couple, in which the man symbolically is the winner of the creative potential, and the woman is the guardian and preserving the relationship between both. They are regarded as opposites, which generate both strong attraction and repulsion between them. This opposition may mean as a mutual denial and incompatibility, and supplement and integrity, regardless of that one always connects the opposites with repulsion due to the incompatible attributes.

Anima is the winner of the female and is often described as a symbol of the Soul, while Animus is the winner of the Spirit because of his rationality and logic. The spirit would not be without a soul, and the soul is emptied of content without the spirit. No matter how much they opposite by nature are these two images may not one without the other. They attract and complement, because the soul enriches and enlivens the spirit, and the spirit is that which fertilizes the soul. When we are involved in a romantic relationship, rarely we ask ourselves why this guy attracts us. We indulge in the strong experience, which energizes and provokes us to feel wanted and loved. Only after flirting and passion subside we start to explore the object of our desires. Then we notice its strengths or weaknesses, according to us, which at the time of flirting we did not notice or at least we did not pay enough attention to the reactions and behavior that annoys us. It seems the chemistry of
attraction remains the most enigmatic phenomenon, when we talk about relationships. We’re trying to find a rational explanation, but when it is missing we turn to irrational sensations.

Anima and Animus as opposing images are at the heart of every attraction and especially in partner relationships. They can help us to certain extent to find an answer to the mystery of attraction and falling in love. However, I do not take the responsibility to generalize or to rely only on this wall, because I think we have a long way to go until we find the real roots of this phenomenon. Perhaps it is not necessary. Namely that is a part of the charm and magnetism of love. From his observations Jung concluded that these two mysterious forces bear the responsibility for the building of relationships and they have the power to destroy them. Everything in a relationship probably depends on our expectations and emotional needs. The process of attraction between people is much more complex than we think it is. Very often in the dynamics of attraction and the building of a relationship subconscious patterns and processes are active; they have formed since a very young age, when our first contacts and interactions have been with our parents, by which we learn how to build links. If communicating with them has not proceeded smoothly, if they turned down us or neglect, this attitude will seal deep into us and consequently we remodeled our reactions to people and relationships with them. In our adulthood we will have the
feeling that we're not good enough or quality people to turn the surrounding attention to us that we need and so we can always live with this attitude. Of course, it is deeply unconscious, but it builds our world view and perception of the world. The more we seek the attention of others, the more it will repel us, because deep down we feel inferior, and this sabotages our natural ability to build quality and stable connections. Just because we don't believe in ourselves! If our early experience is associated with the feeling of a stable relationship with our parents, then we will have trust and faith in the world. We will have our expectations and the world responds benevolent to them. This belief means good connection with our inner world and with individual features of our own Anima and Animus. One girl builds a relationship with his Animus through contact and relationship with her father image. For the boy – this is the mother. Parents are our first "teachers", who will help us to shape the relationship with these two subliminal images.

As adults, we often find them in the opposite sex. The girl reflects and sees firstly her male nature in the father or in a close male image in childhood. As a mature woman, she will reflect his Animus on men who attracts in her life. The internal nuances of her spirit, she will find them in her partners. On the other hand, the man discovers his feminine part firstly in the mother, and then, in mature age in his partners.