Direct quote: The image above is from a scholarly peer-reviewed journal article in NC LIVE. Let’s suppose the highlighted section of this article is the part you would like to include in your essay, using the exact words without change. Here is a sample demonstration:

The idea of the Oedipus complex is shocking to modern readers and often leaves them wondering how Freud could create an idea so outlandish, yet highly revered. One expert argues that Freud plausibly refers "to his own dreams and his own childhood wishes" when he explains the dynamics of the complex (Clark, 2009, p. 234).

Paraphrase: Now let’s suppose you would like to use this information in language that is your own, but the idea belongs to someone else. Here is a sample demonstration:

The idea of the Oedipus complex is shocking to modern readers and often leaves them wondering how Freud could create an idea so outlandish, yet highly revered. It is possible that Freud derives the Oedipus complex from his own experiences. He may have based the Oedipus complex on his own fantasies, dreams, and desires he had as a child (Clark, 2009, p. 234).