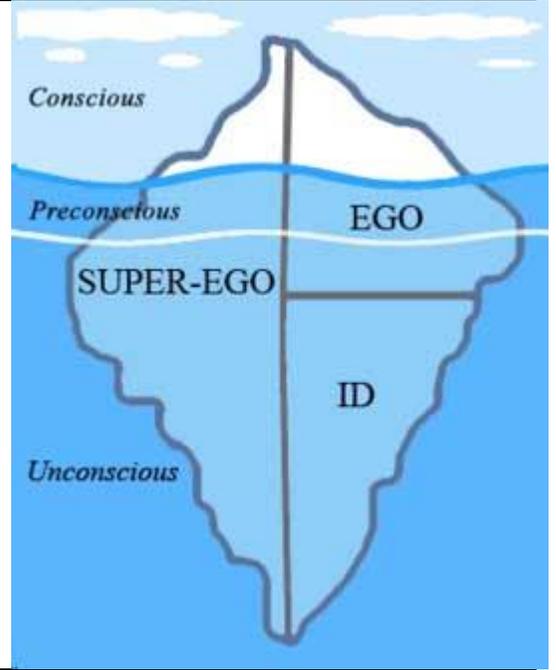


Personality Notes

Freud's Parts of the Mind		
Id	<ul style="list-style-type: none"> Unconscious Impulsive Operates on pleasure principle 	Exists from birth
Ego	<ul style="list-style-type: none"> Somewhat-conscious Controlled, reasonable Operates on reality principle Helps attain pleasure realistically Mediates between Id and Superego Protects conscious from unconscious 	Emerges around 2 or 3 years old
Superego	<ul style="list-style-type: none"> Values and morals of society Acts as conscience Goes for moralistic, personal goals 	Develops around 5 years old



Ego Defense Mechanisms		Criticisms of Freud
Repression	<ul style="list-style-type: none"> Block thoughts from conscious awareness "What? No, not thinking about that breakup at all." 	<ul style="list-style-type: none"> Difficult to prove with little empirical evidence Little predictive and application power with Id, Ego, Superego Overestimates early childhood and sex Sexist, inappropriate, objectionable
Denial	<ul style="list-style-type: none"> Not accepting the ego-threatening truth "Nah, that didn't happen! We're still together!" 	
Displacement	<ul style="list-style-type: none"> Redirecting feeling towards others or objects *slams table, yells at family in frustration* 	
Projection	<ul style="list-style-type: none"> Attributing own unacceptable thoughts and feelings onto others "I don't hate you, YOU hate ME." 	
Reaction Formation	<ul style="list-style-type: none"> Expressing the opposite of what one truly feels "I don't love her... I really hate her!" 	
Regression	<ul style="list-style-type: none"> Regressing in psychological time to deal with stress *sleep with childhood stuffed animal or sucks on thumb* 	
Rationalization	<ul style="list-style-type: none"> Cognitive distortion of facts to make impulse less threatening "It's okay, it wasn't that great of a relationship anyway" 	
Intellectualization	<ul style="list-style-type: none"> Undertakes an academic, unemotional study of a topic *researches all about failed teen romances* 	
Sublimation	<ul style="list-style-type: none"> Channeling frustration or impulse into a socially acceptable way "I shall use these feelings of mine to write songs" 	

Psychodynamic/Neo-Freudian Theories

- Developed by *Carl Jung* and *Alfred Adler*
- Personal unconscious = individual unconscious, gives rise to complexes, unique to the specific individual
- Collective unconscious = genetic unconsciousness, gives rise to archetypes, seen in many (fear of spiders or snakes)
- Inferiority = motivation by fear of failure
- Superiority = motivation by desire to achieve
- Personal + collective unconscious, along with inferiority + superiority, determines and also shapes personality

Trait Theories

- Nomothetic approach = basic set of traits can describe all people's personality
- Idiographic approach = each person seen by the few traits best characterizing unique selves
- Factor analysis = technique which finds correlations between clusters of traits into factors
 - Hans Eysenck – classify people via introversion/extraversion and stable/unstable scale
 - Raymond Cattell – classify people via 16PF test based on basic traits present in all
 - Gordon Allport – Cardinal, Central and Secondary Traits
 - Cardinal = very few, dominating traits of the personality
 - Central = general characteristics that govern the personality
 - Secondary = numerous inconsistent traits that are present at certain situations
 - Paul Costa + Robert McCrae – Big Five Personality Traits
 - Openness = willingness to undergo new experiences
 - Conscientiousness = tendency towards self-discipline
 - Extraversion = level in energy and positive emotions
 - Agreeableness = compassion and cooperativeness with others
 - Neuroticism = tendency to experience unpleasant emotions

Biological Theories

- Little evidence for heritability of specific personality traits
- Numerous evidence for heritability for temperaments (emotional style and characteristics)
 - Hippocrates – personality was determined by 4 humors (fluids):
 - Blood (sanguine) = Extraverted and Emotionally Stable
 - Phlegm (phlegmatic) = Introverted and Emotionally Stable
 - Yellow Bile (choleric) = Extraverted and Emotionally Unstable
 - Black Bile (Melancholic) = Introverted and Emotionally Unstable
 - William Sheldon's somatotype theory – personality determined by 3 body types
 - Endomorphs (fat) = friendly and outgoing
 - Mesomorphs (muscular) = confident and assertive
 - Ectomorphs (thin) = shy and secretive

Behaviorist Theories

- B.F. Skinner and various radical behaviorists
- Personality is simply behavior, and the way people think is meaningless
- Personality shaped by environment
- Emphasis on how people act and behave
- Closer to Social-Cognitive Theories

Social-Cognitive Theories

Albert Bandura – triadic reciprocity and self-efficacy

- Triadic reciprocity = person's behavior both influences and is also influenced by personal factors and social environment
- Self-efficacy = one's belief in one's ability to succeed in situations or tasks

George Kelly – personal-construct theory

- People develop personal constructs to evaluate worlds
- People's behavior is determined by how they interpret the world

Julian Rotter – locus of control

- Internal locus of control = feel responsible for what happens
- External locus of control = forces outside of control determine what happens

Humanistic Theories

- Humans are innately good and able to determine their own destinies through free will
- Self-concept = person's global knowledge about themselves
- Self-esteem = person's general feeling about themselves
- Self-actualize = ability of a person to realize their own potential

Abraham Maslow – Maslow's hierarchy of needs

Carol Rogers – Unconditional positive regard (general, unconditional love)

Assessment Techniques

Projective Tests – asking people to interpret ambiguous stimuli

- Rorschach inkblot test – interpreting and describing inkblot diagrams
- Thematic Appreciation Test (TAT) – interpret and describe actions in pictures

Self-report inventories – ask people to fill out surveys about themselves

Minnesota multiphasic personality inventory (MMPI-2)

Barnum effect – people have the tendency to see themselves in vague, stock descriptions of personality

