

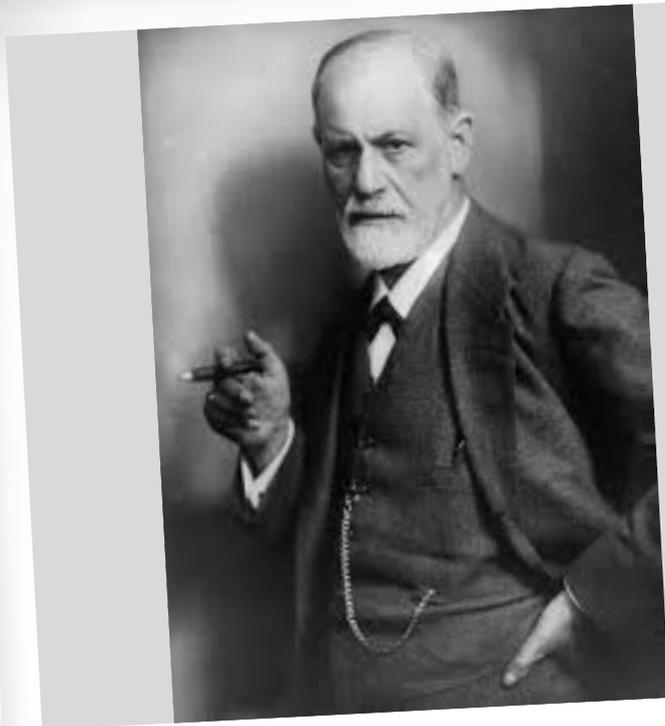


Personality



Personality

The psychological qualities that bring a consistency to an individual's thoughts and behaviors in different situations and at different times.



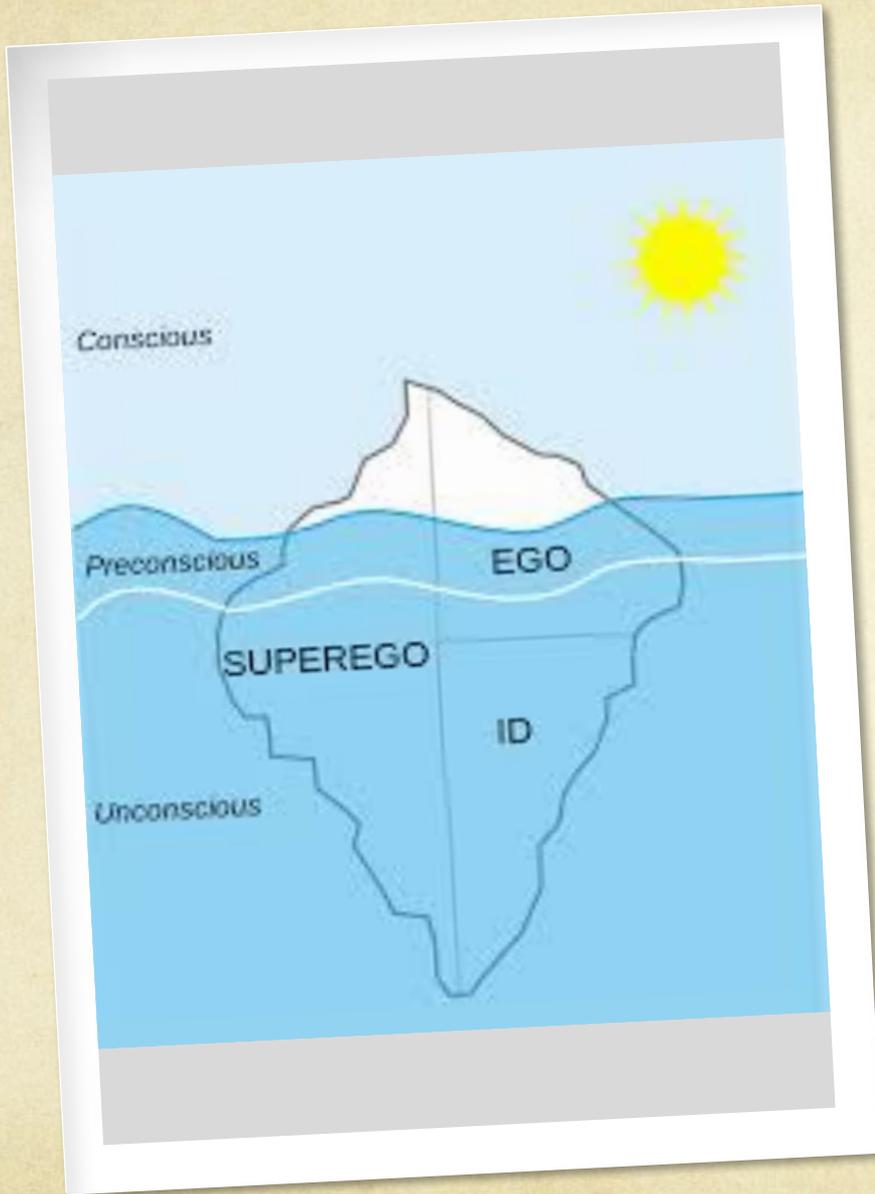
Psychodynamic Theory

Sigmund Freud said the unconscious, or the hidden part of the mind, was a source of powerful impulses, instincts, motives, and conflicts that energize personality.

Personality Structure

Freud saw human personality as an iceberg with three parts: the id, the ego, and the Superego.

Id and Superego fight against each other and the ego regulates



The Id

- The Primitive, unconscious reservoir that houses the basic motives, drives and instinctive desires that determine our personalities
- Always acts on impulse and seeks immediate pleasure
- The only part of the personality present at birth



The Superego



- The “police” of personality. Responsible for morals and values learned from society
- The superego develops as the child forms an internal set of rules based on external experiences
 - The inner voice of “shoulds” and “should nots”
 - Often conflicts with the id because the id want what feels good and the superego wants what is right and moral

The Ego

- The conscious, rational part of the mind which regulates the conflict between the id and the superego.
- The ego must figure out a way to satisfy one's desires, while not violating one's moral code.
 - When this balance becomes upset, conflicted thoughts and behaviors may signify a mental disorder





Psychosexual Stages

Freud believed that our early childhood experiences stayed with us and affected us throughout our development

- **Fixation** occurs when development is stopped at a particular stage

Psychosexual Stages

Stage	Ages	Focus of Libido	Major Development	Adult Fixation Examples
Oral	0 to 1	Mouth, Tongue, Lips	Weaning off of breast feeding or formula	Smoking, Overeating
Anal	1 to 3	Anus	Toilet Training	Orderliness, Messiness
Phallic	3 to 6	Genitals	Resolving Oedipus/Electra Complex	Deviancy, Sexual Dysfunction
Latency	6 to 12	None	Developing Defense Mechanisms	None
Genital	12+	Genitals	Reaching Full Sexual Maturity	If all stages were successfully completed then the person should be sexually matured and mentally healthy

Defense Mechanisms

- **Repression:** the ego defense that excludes unacceptable or inappropriate thoughts and feelings from our awareness.
- **Regression:** allows us to retreat to an earlier, more infantile stage of development.
- **Projection:** disguises threatening impulses by attributing them to others.
- **Rationalization:** occurs when we unconsciously generate self-justifying explanations to hide from ourselves the real reasons for our actions.

Criticism of Freud

- While Freud's theory is still wildly popular in media and pop culture, it has lost most of its support in the psychology field.
 - Many Freudian concepts are vague
 - The focus is on retrospective explanation
 - Only looks back, doesn't give credit to the present or future
 - No thought given to women
 - The unconscious mind is not as powerful as Freud would like us to believe

Neo-Freudians

- Freud was a controversial figure and many of his colleagues broke away from his view, but still maintained a psychodynamic aspect to their theories

Neo-Freudians:

Alfred Adler

- Emphasized the importance of childhood social tension. (rather than psychosexual tension)



Neo-Freudians:



Karen Horney

- Sought to balance Freud's masculine biases and give women more moral and intellectual credit.

Neo-Freudians:

Carl Jung

- Emphasized the collective unconscious, the concept of a shared, inherited reservoir of memory traces from our species history



Inkblot Testing:

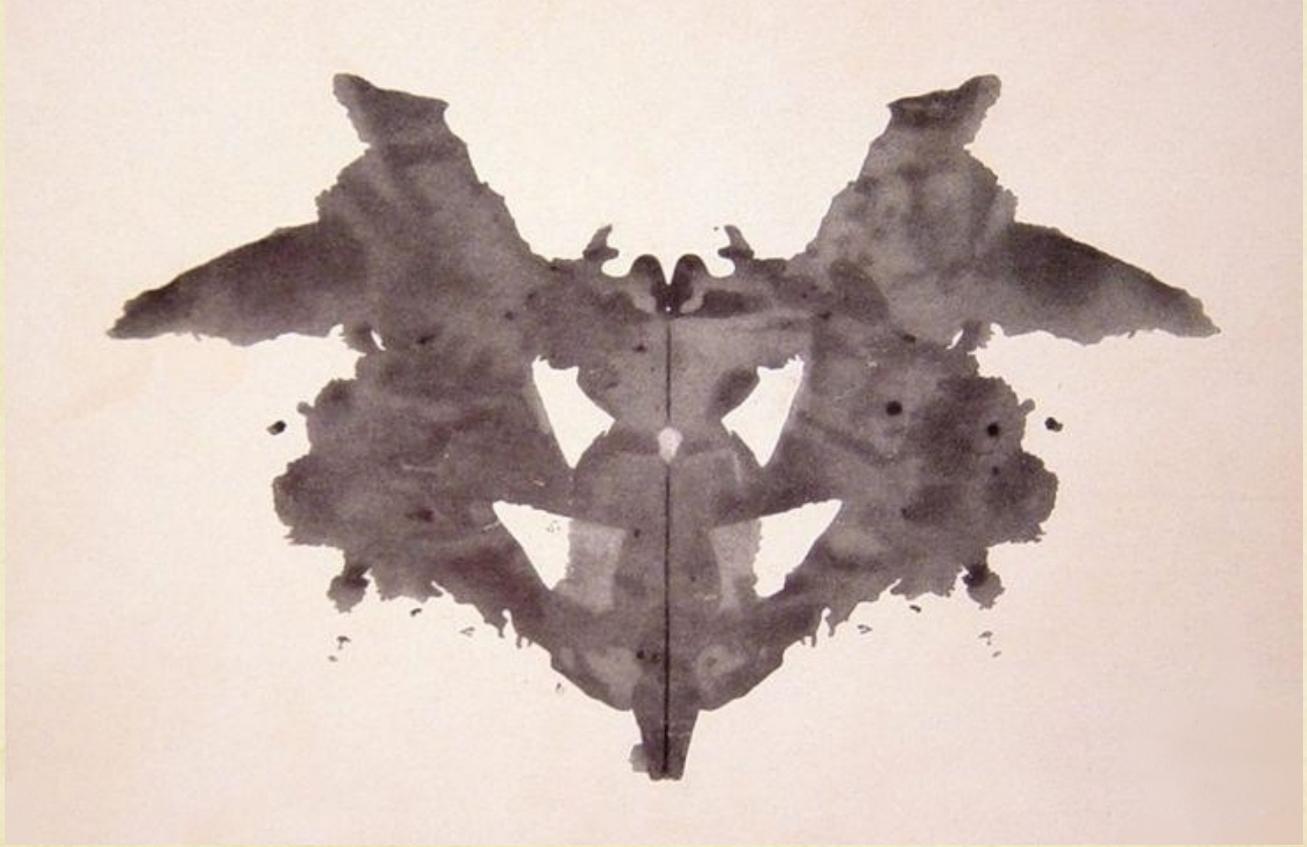
assessing the unconscious mind

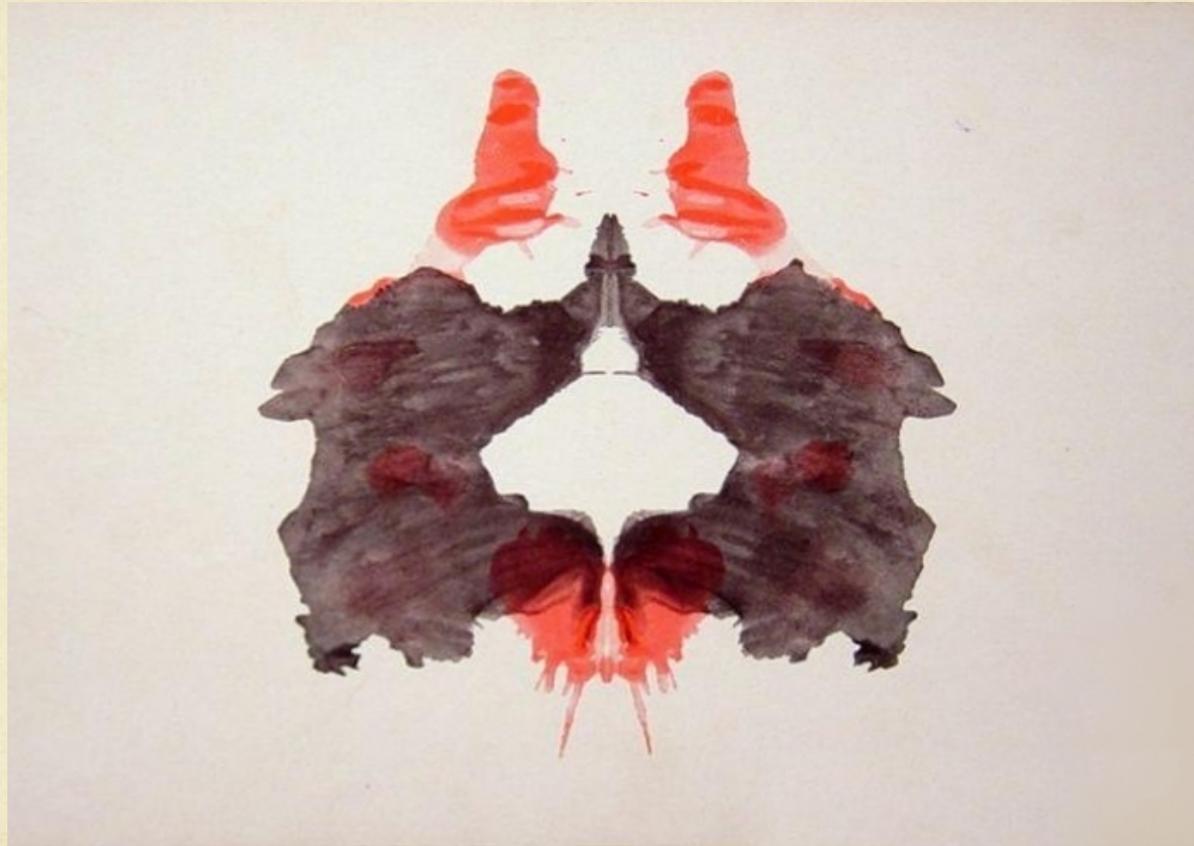


Inkblot Testing:

assessing the unconscious mind

- Rorschach Inkblot Test
 - Designed by Hermann Rorschach
 - 10 standardized inkblots
 - Most widely used projective test
 - Seeks to identify people's inner feelings by analyzing their interpretations of the blots

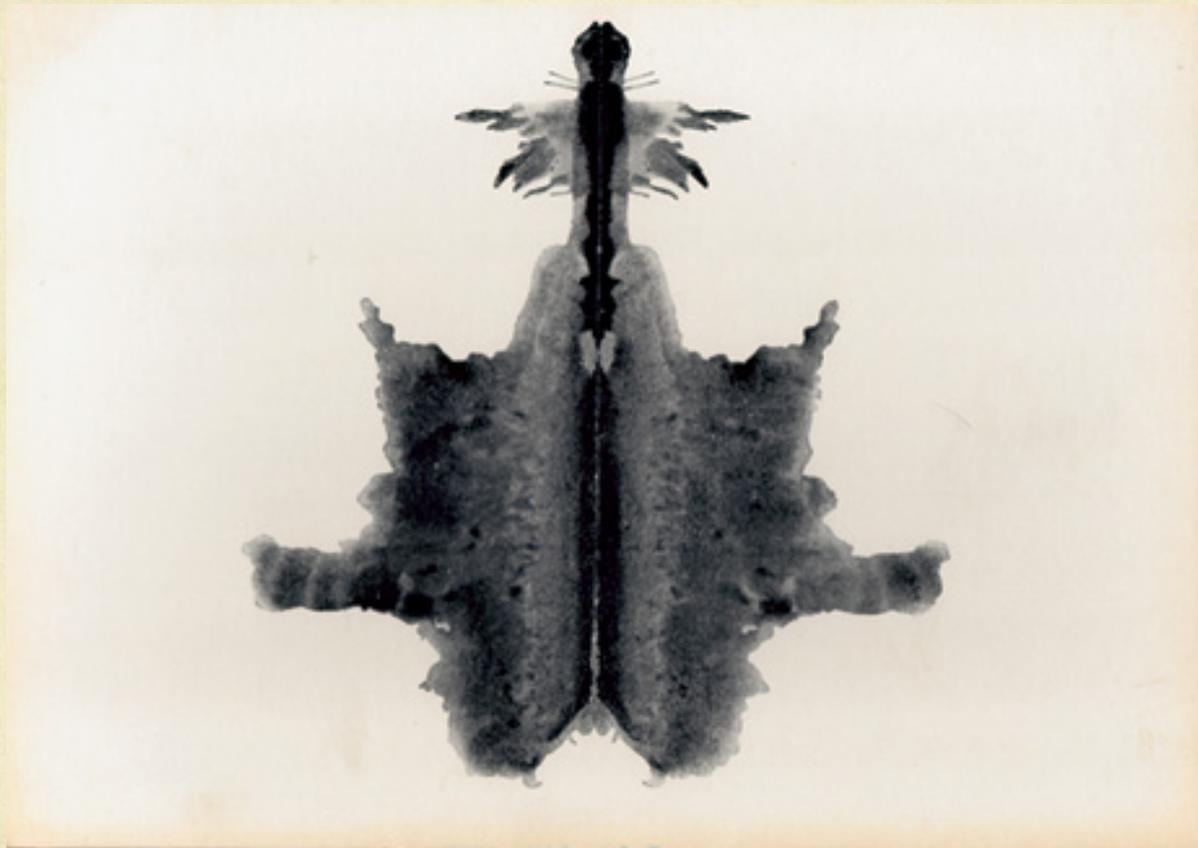






















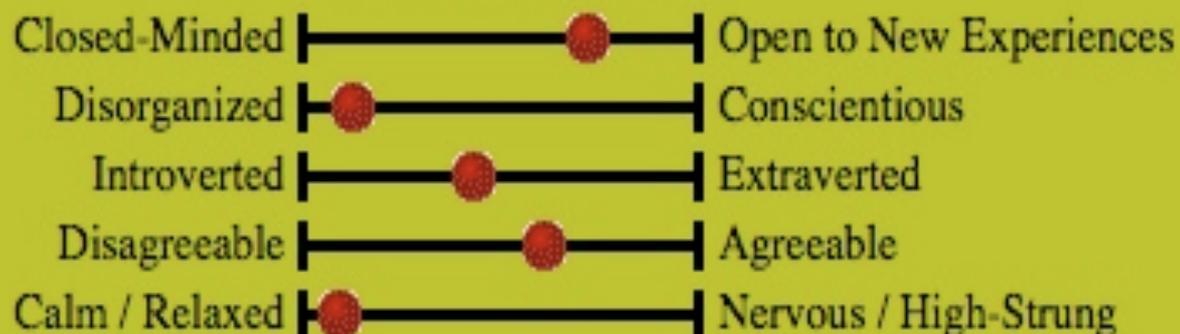
Assessing the Unconscious

- If you've ever looked to the sky and saw images in the clouds, then you can appreciate the idea behind the Rorschach. If the cards have no specific shape the shapes we see are projections from our unconsciousness.
- In other words, it is not uncommon for children to see bunny rabbits, kitty cats, and monsters in the clouds. These images represent their needs for life and love as well as their underlying fears about death and aggression.
- While Inkblot testing can be a great tool in assessing unconscious thoughts and emotions, it is rarely a good idea to read too much into any particular answer.

THE BIG FIVE PERSONALITY TEST



● Your Results



Neuroticism (Emotional Stability)

- Calm or anxious?
- Secure or insecure?
- Self-satisfied or self pitying?



Extraversion



- Sociable or withdrawn?
- Fun-loving or mellow?
- Affectionate or reserved?

Openness

- Imaginative or practical?
- Prefers variety or routine?
- Independent or conformist?



Agreeableness



- Kind or mean?
- Trusting or suspicious?
- Helpful or selfish?

Conscientiousness

- Organized or disorganized?
- Careful or careless?
- Disciplined or impulsive?



“Big Five” Personality Traits

Personality Trait	Spectrum	Recognized With...
Extraversion	←————→ Quiet Outgoing	Potential Rewards
Emotional Stability	←————→ Anxious Unflappable	Potential Threats/Dangers
Agreeableness	←————→ Unempathetic Empathetic	Other People Present
Conscientiousness	←————→ Spontaneous Disciplined	Plans or Goals
Openness	←————→ Practical Imaginative	Words or Ideas

Big-Five Model of Personality Summary

Dimension	High scorers are ...	Low scorers are ...
Extroversion	Outgoing, enthusiastic and active; you seek novelty and excitement.	Aloof, quiet and independent; you are cautious and enjoy time alone.
Neuroticism	Prone to stress, worry and negative emotions.	Emotionally stable but can take unnecessary risks.
Conscientiousness	Organised, self-directed and successful, but controlling.	Spontaneous, careless, can be prone to addiction.
Agreeableness	Trusting, empathetic and compliant, you are slow to anger.	Uncooperative and hostile, find it hard to empathise with others.
Openness	Creative, imaginative, eccentric and open to new experiences.	Practical, conventional, sceptical and rational.

Locus of control

- **Internal locus of control:**
A person believes he or she can control environmental influences.
 - Takes responsibility
 - Believes hard work pays off
 - Typically happier with life



Locus of control



- **External locus of control:**
A person believes that he or she cannot control environmental factors.
 - Blames others
 - More prone to stress
 - More prone to depression