

# UNIT 10: PERSONALITY

<b>Personality:</b> your unique and relatively stable bx patterns, individual's characteristic pattern of thinking, feeling, and acting.
<b>Character:</b> characteristics that have been evaluated
<b>Temperament:</b> all hereditary aspects of px
<b>Personality traits:</b> stable, enduring qualities that a person shows in most situations
<b>Personality types:</b> Style of personality defined by groups of traits
<b>Self-concept:</b> perception of your own px
<b>Self-esteem:</b> degree to which you value yourself
<b>TRAIT</b> – theories that attempt to learn the traits that make up your px
<b>Eysenck:</b> based on your level of extroversion and neuroticism. Melancholic, choleric, phlegmatic, sanguine
<b>Allport:</b> common vs. individual. cardinal, central, secondary
<b>Cattell:</b> based in factor analysis. surface, source traits
<b>Norman's Big Five:</b> Openness, Conscientiousness, extroversion, agreeableness, neuroticism
<b>PSYCHOANALYTIC</b> – theories based in the tenants of Freudian psychology. (conflict, repressions, etc...)
<b>Sigmund Freud</b> (review the chart of terms on page 519)
<b>Structure of mind:</b> id (pleasure principle, libido, life/death instincts), ego (reality principle), superego (morality principle, conscience/ego ideal)
<b>Levels of Mind:</b> unconscious, preconscious, conscious
<b>Dynamics:</b> moral anxiety, neurotic anxiety
<b>Psychosexual stages:</b> Fixation. oral, anal, phallic, latency, genital
<b>Defense mechanisms:</b> Denial, repression, projection, displacement, sublimation, reaction-formation, rationalization, regression
<b>Adler:</b> self-perfecting drive, for superiority. If we fail - inferiority complex
<b>Horney:</b> ppl suffer from Basic Anxiety, since we live in cold, hostile world. Modes of interacting.
<b>Jung:</b> personal unconscious (complexes) and collective unconscious (archetypes)
<b>HUMANISTIC</b> – group of theories that focus on free will, the self, and subjective-experience as it shapes px
<b>Maslow:</b> your quest for self-actualization (reaching your fullest potential, search for personal achievement)
<b>Rogers:</b> the Self. Incongruence, congruence. Conditions of worth. Unconditional positive regard.
<b>OTHER</b> – a group of theories that focus on how the theories of learning shape your px.
<b>Rotter's Social Learning:</b> psychological situation, expectancy, reinforcement, locus of control
<b>Bandura:</b> self-efficacy, reciprocal determinism (thoughts, bxs, envt all interact)
<b>INTERACTIONIST</b> – <b>Synder's Interactionist Theory.</b> Self-monitoring. High vs. low monitors.
<b>Nature vs. Nurture</b>
<b>Assessment</b> – interview, direct observation, projective, objective
<b>Projective tests:</b> seek to uncover hidden or unconscious aspects of px
<b>Rorschach Inkblots:</b> standardized blots. Measured by content, location
<b>Thematic Apperception test:</b> ambiguous images shown, person is asked to create a story for them.
<b>Objective Tests:</b> pen, paper tests. Same results regardless of scorer.
<b>16 Personality Factor:</b> measures for 16 of Cattell's source traits.
<b>MMPI:</b> Minnesota Multiphasic Px Inventory. 567 True/false. Validity and clinical measures.
<b>Myers-Briggs:</b> based on Jung, E/I, S/N, T/F, J/P