Personality Theory
Psychology 101

**Focusing on 4 Main Theories:**

_________________________ Perspective
Humanistic Perspective
_________________________ Perspective
Social-Cognitive Perspective

**The Psychoanalytic Approach**

Sigmund ___________________
Observed patients that disorders that science could not explain
Example: a patient that has no feeling in their hand, but has no neurological damage that would account for this
Since there is no physical reason, there must be some _______________________ or tension that the patient is experiencing

**Enter The Unconscious**

Hypnosis:
Could access the unconscious thoughts driving the bizarre behavior
Not everyone can be _______________________
Free _______________________
“Relax and say the first thing that comes to mind”
Allowed Freud access to the unconscious

**Personality and the unconscious**

Personality has 3 parts
_________________________
Ego
_________________________

**The Id, the Ego, and the Superego**

Id
Our drive of unconscious energy to satisfy basic _______________________ and _______________________ desires

Superego
Represents the rules and how we feel we should live our life: a set of IDEALS

Ego
Tries to _______________________ between the Id and the Superego

**The Development of Personality: According to Freud**

Psychosexual Stages of Development
___________________________ Stage: 0-18 months
Focus on the mouth: sucking, biting, chewing
Infants explore the world using their mouths
___________________________ Stage: 18-36 months
Focus on bowel and bladder control
All about learning to gain control

**Psychosexual Stages: Continued**

Stage: 3-6 years
Focus on genitals: coping with desires
Possible development of Oedipus complex
Boys are attracted to their mothers
Jealous and hatred towards their fathers
Leads to guilt and _______________________ anxiety
Children repress these thoughts and identify with their same-sex parent
Girls have the same problems: Elektra Complex
Girls develop penis envy too

**More on Psychosexual Stages**

Stage: 6-puberty
Dormant sexual feelings
Stage: Puberty on
Maturation of sexual interests

**What can happen during the stages?**

Fixation
If conflicts are unresolved at a stage, people can linger at that stage

Smokers or people that overeat
Anal Fixation

Genital Fixation

**Little Hans**
A Freud case study of a young boy
Scared of horses
Freud interpreted this as stemming from _______________________ desires
Loved his mother, scared of his father
Horses represented the father (both have larger ____________________)
In reality this child had observed a horse crush a human when it fell
Freud knew this, but still believed it was something deeper

**Defense Mechanisms**
The way our ego protects itself by reducing anxiety and distorting reality

Banish our unacceptable feelings to the unconscious
Retreat to an earlier (safer) time
College students long to move home
Kids beginning school start to suck their thumb again
More Defense Mechanisms

_________________________ Formation
A switch of unacceptable impulses to their opposites
“I hate him” becomes “I love him”

Projection
Disguising one’s own feelings by ________________________ them to someone else
“I don’t trust him” becomes “He doesn’t trust me”

Psychoanalytic Tests

_________________________ tests
Ambiguous stimuli
Allow the patient to interpret them
Rorschach ______________________ tests
Thematic Apperception Test
Interpret the picture

Inkblots
Enough with Freud
The _______________________ Perspective
Maslow
Self-Actualization: fulfilling our potential
Few people reach this level: _______________________, Jefferson, Eleanor Roosevelt

How do we reach our potential?
Carl Rogers
_______________________
Accepting our faults
_______________________ positive regard
Empathetic: show a real care and understanding of the person and their situation

The Trait Perspective
Focuses on characteristics of personality
MMPI: Minnesota Multiphasic Personality Inventory
Most common _______________________ _______________________ to evaluate traits

The Big Five
Ocean

_______________________
Prefers variety – prefers routine
Imaginative - practical
_______________________
Careful - careless
_______________________
Outgoing - reserved
_______________________
Trusting – suspicious
Helpful - uncooperative
_______________________
Calm – anxious
Secure – insecure

Person Situation Controversy
Depending on the situation, people may show _______________________ traits
May be outgoing in one situation and not in another
Hard to make solid conclusions and predictions about future behaviors based on trait theories

Social Cognitive Perspectives
Emphasizes the interaction between nature and nurture
_______________________
Personality and environment interact and influence each other
Reciprocal Determinism at work
Different people choose _______________________ environments
Based on your desires, you choose your environment, which then changes you
Personalities shape how we react to ________________________
Anxious people are attuned to more potentially threatening events: they see the world as more threatening

Personal Control
Internal vs External
_______________________ Helplessness
Feeling hopeless, helpless, and depressed
A dog feels incapable of escaping a shock when never given that option
Then when given the option of escaping, the dog doesn’t even try to escape
People are ________________________ when they have more control
Optimism vs Pessimism