

Personality



Four Main Theories:

- **Psychoanalytic Theory**
- Humanistic Theory
- Social-Cognitive Theory
- Trait Theory

A person's pattern of thinking,
feeling and acting.

Quick review: *What do you remember about Psychoanalytic Theory from yesterday?*

Defense Mechanisms



- The ego has a pretty important job...and that is to protect you from threatening thoughts in our unconscious.
- One way it protects us is through defense mechanisms.
- You are usually unaware that they are even occurring.

Scenario

Brandon, star athlete, is dating Jasmine.

Jasmine dumps Brandon and starts dating Drew, president of the chess club.

How will Brandon respond? Maybe he'll use a defense mechanism!!!



Jasmine



Brandon



Drew

Displacement

- Shifting impulses toward a more acceptable or less threatening object or person
- Brandon may take his anger on another kid by bullying



Projection

- Disguising one's own threatening impulses by attributing them to others
- Brandon insists that Jasmine still cares for him



Sublimation

- Directing unacceptable urges or desires into socially acceptable behaviors
- Sometimes a healthy defense mechanism.
- Brandon starts to learn how to play the guitar and writing songs (or maybe starts to body build).



Regression

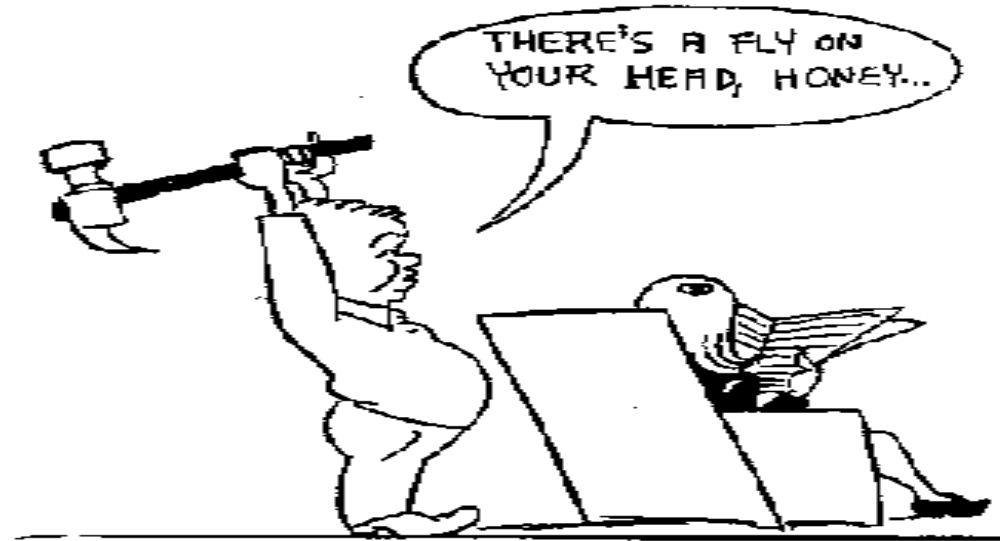


- Returning to an earlier, comforting infantile form of behavior
- Brandon begins to sleep with his favorite childhood stuffed animal, Sajalicious

Rationalization

RATIONALIZATION

- Offering self-justifying explanations in place of the real, more threatening reasons for one's actions
- Brandon thinks he will find a better girlfriend. "Jasmine was not all that anyway!"
- I really did want to go toanyway, it was too



Repression

- Banishes anxiety-arousing thoughts, feelings, and memories from consciousness
- You don't **CHOOSE** to do this... your mind does it automatically to protect itself from anxiety
- When asked about Jasmine, Brandon may say "Who?, I don't know who that is." (and actually mean it)



Reaction Formation

- Expressing the opposite of how one truly feels
- Brandon claims he hates Jasmine
- Ex: Bella likes Jacob, but Bella says "he has cooties!"



Denial



- Refusing to acknowledge what has, is, or will happen
- Not accepting the ego-threatening truth.
- Brandon may act like he is still together with Jasmine. He may hang out by her locker and plan dates with her.

Alfred Adler



I'm too small for my age:
I keep being rejected...

- Believed the driving force in creating personality is the desire to overcome inferiority

- Inferiority Complex:
Children learning to overcome inadequacies from parents - the pattern they learn produces a lifestyle



Karen Horney



- Criticized Freud's masculine view of psychology and the idea that the female was naturally inferior
- Said men had "womb envy"
- **Childhood Anxiety** – a child's helplessness requires him/her to seek love and security.
- Therefore, personality is built on this early fight against rejection.



Carl Jung



- Expanded concept of unconscious to include a **collective unconscious** – a shared, inherited reservoir of memory traces from the species' history.
- Collective Unconscious contains **archetypes** – specific inherited ideas.
- Examples: supreme being, nurturing mother, wise man, hostile brother, rebirth, wicked witches...

