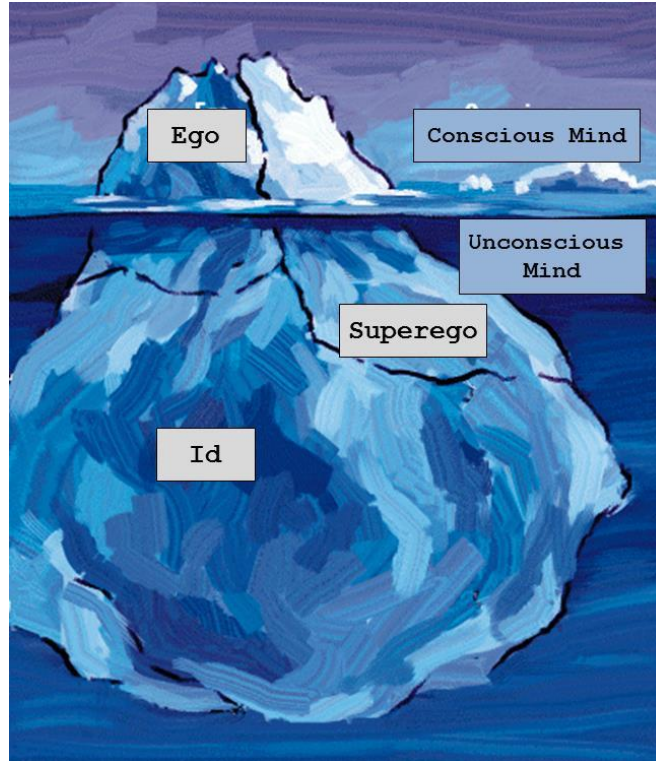


Unit 9 Handout

Freud's "Iceberg" Description of the Mind/Personality



Freud's Psychosexual Stages of Development

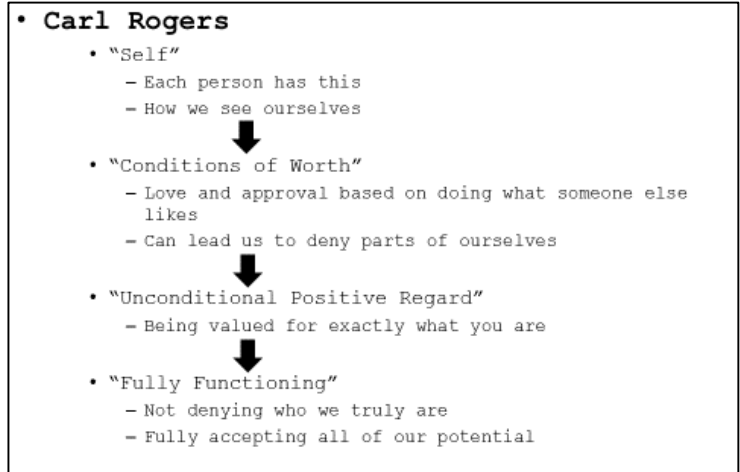
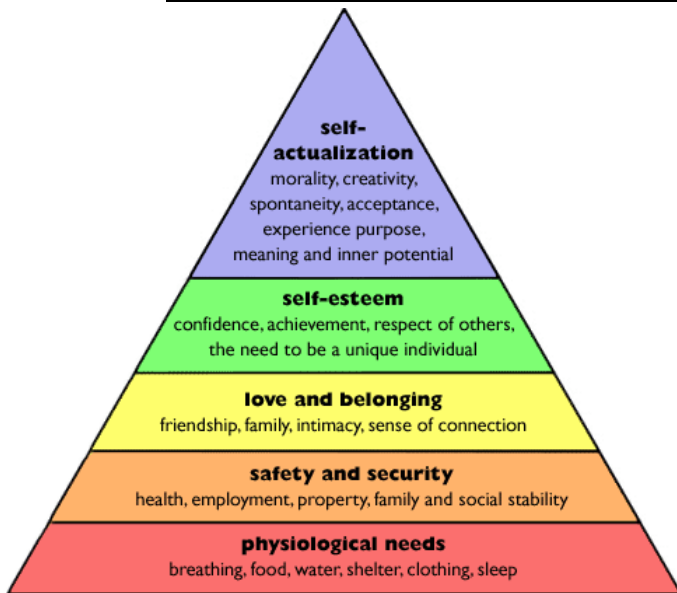
<u>Psychosexual Stage</u>	<u>Focus</u>
Oral (0-18 Months)	Pleasure centers on the mouth - sucking, biting, chewing
Anal (18-36 Months)	Pleasure focuses on bowel and bladder elimination; Coping with demands for control
Phallic (3-6 Years)	Pleasure zone is the genitals; Coping with incestuous sexual feelings
Latency (6 to Puberty)	Dormant sexual feelings
Genital (Puberty On)	Maturation of sexual interests

Defense Mechanisms (Freud)

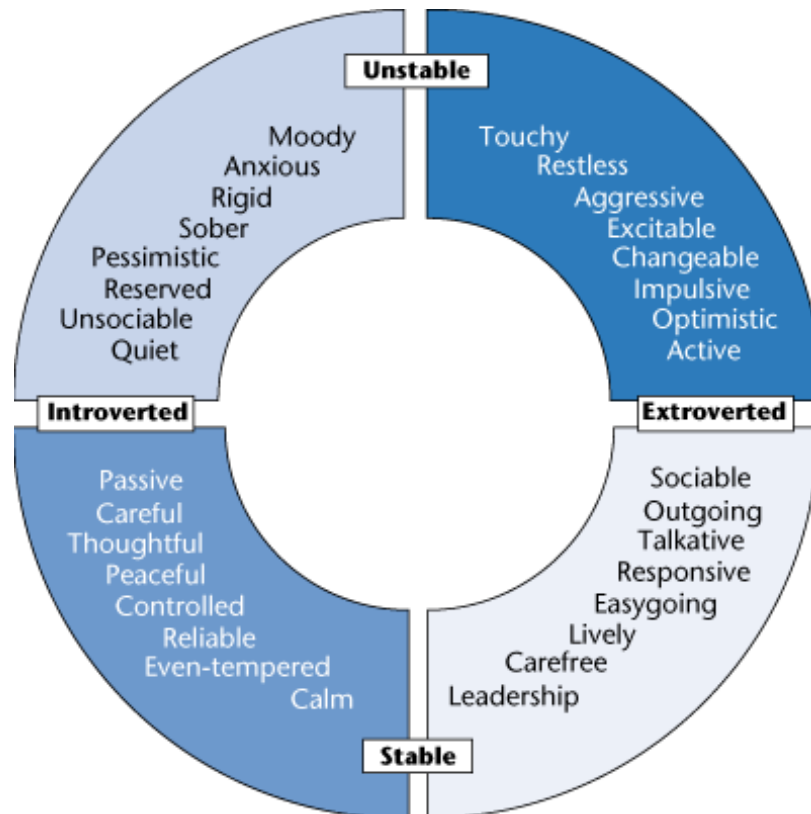
<u>Defense Mechanism</u>	<u>Description</u>	<u>Example</u>
Denial	Arguing against an anxiety provoking stimuli by stating that it doesn't exist	Denying that your physician's diagnosis of cancer is correct and seeking a second opinion
Displacement	Taking out impulses on a less threatening target	Slamming a door instead of hitting a person, yelling at your spouse after an argument with your boss
Intellectualization	Avoiding unacceptable emotions by focusing on the intellectual aspects	Focusing on the details of a funeral as opposed to the sadness and grief
Projection	Placing unacceptable impulses in yourself onto someone else	When losing an argument, you state "You're stupid"
Rationalization	Supplying a logical or rational reason as opposed to the real reason	Stating that you were fired because you didn't kiss up to the boss, when the real reason was your performance

<u>Defense Mechanism</u>	<u>Description</u>	<u>Example</u>
Reaction Formation	Taking the opposite belief because the true belief causes anxiety	Having a bias against a particular race or culture and then embracing that race or culture to the extreme
Regression	Returning to a previous state of development	Sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get your way
Repression	Pulling into the unconscious	Forgetting sexual abuse from your childhood due to the trauma and anxiety
Sublimation	Acting out unacceptable impulses in a socially acceptable way	Becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy
Suppression	Pushing into the unconscious	Trying to forget something that causes you anxiety

Maslow & Rogers Humanistic Theories of Personality



Hans Eysenck's Dimensions of Personality



Five-Factor Model of Personality

Trait Dimension	Endpoints of the Dimension		
Conscientiousness	Organized	↔	Disorganized
	Careful	↔	Careless
	Disciplined	↔	Impulsive
Agreeableness	Soft-hearted	↔	Ruthless
	Trusting	↔	Suspicious
	Helpful	↔	Uncooperative
Neuroticism (emotional stability vs. instability)	Calm	↔	Anxious
	Secure	↔	Insecure
	Self-satisfied	↔	Self-pitying
Openness	Imaginative	↔	Practical
	Preference for variety	↔	Preference for routine
	Independent	↔	Conforming
Extraversion	Sociable	↔	Retiring
	Fun-loving	↔	Sober
	Affectionate	↔	Reserved

Source: Adapted from McCrae & Costa (1986, p. 1002).