

# 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).



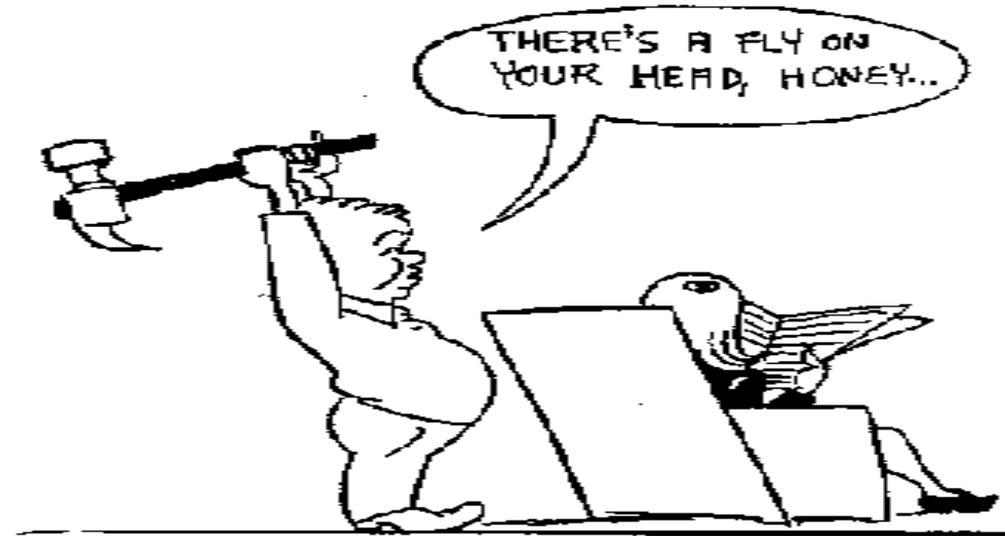
# Regression



- 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 to .....anyway, 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)

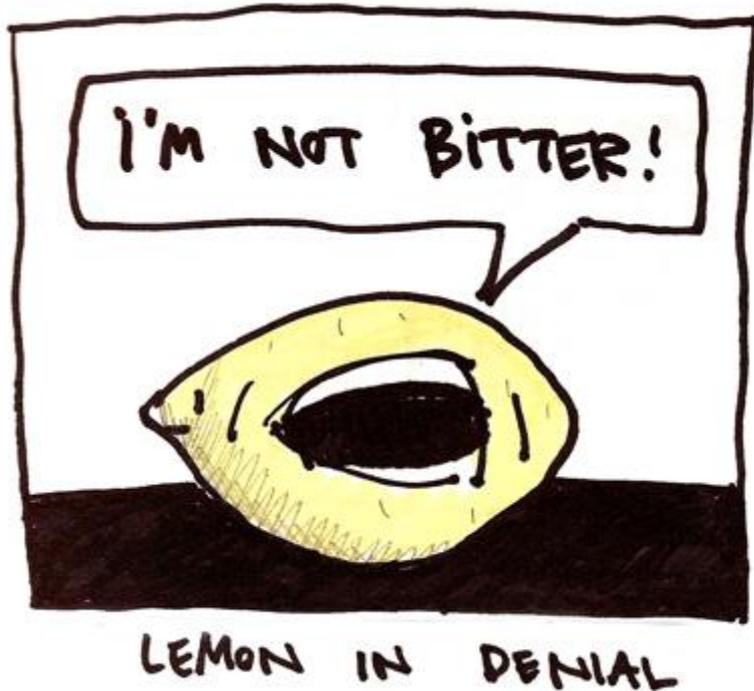


# Reaction Formation

- 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...

