

- 1 **PERSONALITY**
What factors determine our unique ways of thinking, feeling and behaving in the world?
- 2 **The Psychoanalytic (Psychodynamic) Perspective**
Sigmund Freud
- 3 **Parts of Consciousness**
 - ◆ Consciousness
 - ◆ Preconscious
 - ◆ Unconscious
- 4 **How do we get information out of the unconscious????**
 - ◆ Free association
 - ◆ Dreams
 - ◆ Transference
 - ◆ Resistance
- 5 **Parts of the Personality**
- 6 **The ID**
 - ◆ Latin for “I am”
 - ◆ Mostly in the unconscious
 - ◆ Operates on the pleasure principle: seeks immediate gratification of all needs including physiological, sexual and aggression
- 7 **The Superego**
 - ◆ Voice of the conscience: how one *ought* to behave
 - ◆ “The internalized voice of the community” (especially parents)
 - ◆ Creates guilt
 - ◆ Conflicts between the superego and the id create anxiety.
- 8 **The Ego**
 - ◆ Tries to get what the id wants without incurring guilt from the superego.
 - ◆ Operates both in the conscious and unconscious
 - ◆ Reality principle
- 9 **Defense Mechanisms**
 - ◆ What happens when the ego cannot satisfy the needs of both id and superego?

 - ◆ All defense mechanisms are attempts to reduce the anxiety of id/superego conflicts
- 10 **Repression**

- 11 **Regression**
Retreating to an earlier, more infantile state of development
- 12 **Reaction Formation**
 - ◆ Unacceptable id impulses repressed
 - ◆ We outwardly behave in the opposite way.
- 13 **Projection**
 - ◆ Unacceptable id impulses are repressed
 - ◆ Unacceptable impulses are attributed to others.
- 14 **Rationalization**
Unconsciously coming up with self-justifying explanations in order to hide from ourselves and others the actual reasons for our behaviors.
- 15 **Displacement**
 - ◆ Diverting sexual or aggressive impulses toward a substitute person or object because you can't express them toward them toward the actual person.
- 16 **Sublimation**
Transforming socially unacceptable impulses into behaviors that society values
- 17 **Does the unconscious exist???**
Mostly psychology has given up the idea that the unconscious is simply a cauldron of bubbling id impulses.
- 18 **Today, we believe that the unconscious may contain. . .**
 - ◆ Emotions that activate without thinking
 - ◆ Priming by stimuli we haven't paid attention to
 - ◆ Schemas that control our perceptions and interpretations of the world.
 - ◆ The self concept
 - ◆ Stereotypes that determine how we process information about others
- 19 **Does the process of repression actually exist????**
- 20
 - ◆ Survivors of concentration camps rarely repress their memories of this experience
 - ◆ Children terrorized by school bus hijackers or school snipers remember what happened
 - ◆ Memories for negative and positive events in our lives is about the same.
- 21
 - ◆ Some prolonged stress can disrupt memory by damaging the hippocampus, but most research does not show that repression occurs commonly.
- 22 **The Trait Perspective**

Personalities can be described by a set of specific traits that seem to be constant across the population

23 **The Big Five (Goldberg, John and Wiggins)**

24 **Trait #1: Emotional stability**

Are you calm or anxious?
Secure or insecure?
Self-satisfied or self-pitying?

Your answers to these questions determine how this trait manifests in your personality

25 **Trait #2: Extraversion**

♦ Are you
Sociable or retiring?
Fun loving or sober?
Affectionate or reserved?

26 **Trait #3: Openness**

♦ Are/Do you . . .
--Imaginative or practical?
--Prefer variety or routine?
--Independent or conforming?

27 **Trait #4: Agreeableness**

Are you . . .
--Soft hearted or ruthless?
--Trusting or suspicious?
--Helpful or uncooperative?

28 **Trait #5: Conscientiousness**

♦ Are you
--Organized or disorganized?
--Careful or careless
--Disciplined or impulsive?