**Unit 10 Personality PowerPoint Notes**

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= an individual’s characteristic pattern of thinking, feeling, and acting.

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= in psychoanalysis, a method of exploring the unconscious in which the person relaxes and says whatever comes to mind, no matter how trivial or embarrassing.

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= Freud’s theory of personality that attributes thoughts and actions to unconscious motives and conflicts; the techniques used in treating psychological disorders by seeking to expose and interpret unconscious tensions.

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= according to Freud, a reservoir of mostly unacceptable thoughts, wishes, feelings, and memories. According to contemporary psychologists, information processing of which we are unaware.

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= a reservoir of unconscious psychic energy that, according to Freud, strives to satisfy basic sexual and aggressive drives. The id operates on the *pleasure principle*, demanding immediate gratification.

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= the largely conscious, “executive” part of personality that, according to Freud, mediates among the demands of the id, superego, and reality. The ego operates on the *reality principle*, satisfying the id’s desires in ways that will realistically bring pleasure rather than pain.

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= the part of personality that, according to Freud, represents internalized ideals and provides standards for judgment (the conscience) and for future aspirations.

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= the childhood stages of development, (oral, anal, phallic, latency, genital) during which, according to Freud, the id’s pleasure-seeking energies focus on distinct erogenous zones.

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= according to Freud, a boy’s sexual desires toward his mother and feelings of jealousy and hatred for the rival father.

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= the process by which, according to Freud, children incorporate their parent’s values into their developing superegos.

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= according to Freud, a lingering focus of pleasure-seeking energies at an earlier psychosexual state, in which conflicts were unresolved.

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= in psychoanalytic theory, the ego’s protective methods of reducing anxiety by unconsciously distorting reality.

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= in psychoanalytic theory, the basic defense mechanism that banishes from consciousness anxiety-arousing thoughts, feelings, and memories.

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= modern-day approaches that view personality with a focus on the unconscious and the importance of childhood experiences.

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= Carl Jung’s concept of a shared, inherited reservoir of memory traces from our species’ history.

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= a personality test, such as the Rorschach, that provides ambiguous stimuli designed to trigger projection of one’s inner dynamics.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (TAT)

= a projective test in which people express their inner feelings and interests through the stories they make up about ambiguous scenes.

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= the most widely used projective test, a set of 10 inkblots, designed by Hermann Rorschach; seeks to identify people’s inner feelings by analyzing their interpretations of the blots.

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= the tendency to overstimulate the extent to which others share our beliefs and our behaviors.

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= a theory of death-related anxiety; explores people’s emotional and behavioral responses to reminders of their impending death.

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= view personality with a focus on the potential for healthy personal growth.

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= according to Maslow, one of the ultimate psychological needs that arises after basic physical and psychological needs are met and self-esteem is achieved; the motivation to fulfill one’s potential.

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= according to Rogers, an attitude of total acceptance toward another person.

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= all our thoughts and feelings about ourselves, in answer to the question, “Who am I?”

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= a characteristic pattern of behavior or a disposition to feel and act, as assessed by self-report inventories and peer reports.

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= a questionnaire (often *true-false* or *agree-disagree* items) on which people respond to items designed to gauge a wide range of feelings and behaviors; used to assess selected personality traits.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (MMPI)

= the most widely researched and clinically used of all personality tests. Originally developed to identify emotional disorders (still considered its most appropriate use), this test is now used for many other screening purposes.

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= a test (such as the MMPI) developed by testing a pool of items and then selecting those that discriminate between groups.

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= views behavior as influenced by the interaction between people’s traits (including their thinking) and their social context.

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= in personality theory, this perspective focuses on the effects of learning on our personality development.

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= the interacting influences of behavior, internal cognition, and environment.

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= the scientific study of optimal human functioning; aims to discover and promote strengths and virtues that enable individuals and communities to thrive.

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= in contemporary psychology, assumed to be the center of personality, the organizer of our thoughts, feelings, and actions.

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= overestimating other’s noticing and evaluating our appearance, performance, and blunders (as if we presume a spotlight shines on us).

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= one’s feelings of high or low self-worth.

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= one’s sense of competence and effectiveness.

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= a readiness to perceive oneself favorably.

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= excessive self-love and self-absorption.

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= giving priority to one’s own goals over group goals and defining one’s identity in terms of personal attributes rather than group identifications

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= giving priority to the goals of one’s group (often one’s extended family or work group) and defining one’s identity accordingly.