

CHAPTER 11 STUDY GUIDE!!

Personality and traits

Five factor model of personality traits

<http://www.outofservice.com/bigfive/>

Id, Ego, Superego

Levels of awareness

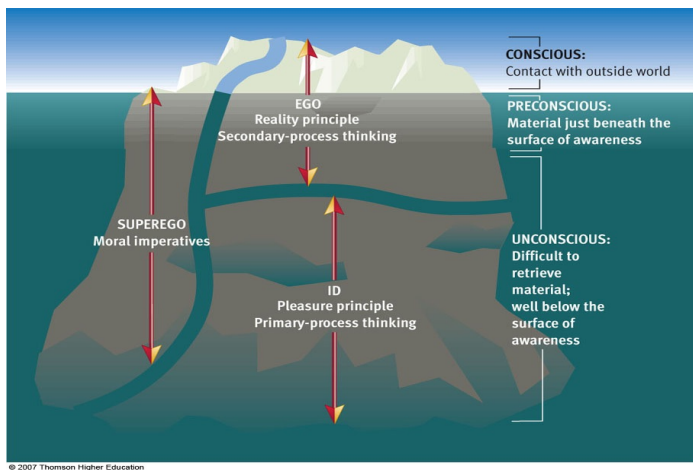


Table 11.1 Defense Mechanisms, with Examples

Defense Mechanism	Definition	Example
Repression	Keeping distressing thoughts and feelings buried in the unconscious	A traumatized soldier has no recollection of the details of a close brush with death.
Projection	Attributing one's own thoughts, feelings, or motives to another	A woman who dislikes her boss thinks she likes her boss but feels that the boss doesn't like her.
Displacement	Diverting emotional feelings (usually anger) from their original source to a substitute target	After parental scolding, a young girl takes her anger out on her little brother.
Reaction formation	Behaving in a way that is exactly the opposite of one's true feelings	A parent who unconsciously resents a child spoils the child with outlandish gifts.
Regression	A reversion to immature patterns of behavior	An adult has a temper tantrum when he doesn't get his way.
Rationalization	Creating false but plausible excuses to justify unacceptable behavior	A student watches TV instead of studying, saying that "additional study wouldn't do any good anyway."
Identification	Bolstering self-esteem by forming an imaginary or real alliance with some person or group	An insecure young man joins a fraternity to boost his self-esteem.

Note: See Table 13.2 for additional examples of defense mechanisms.
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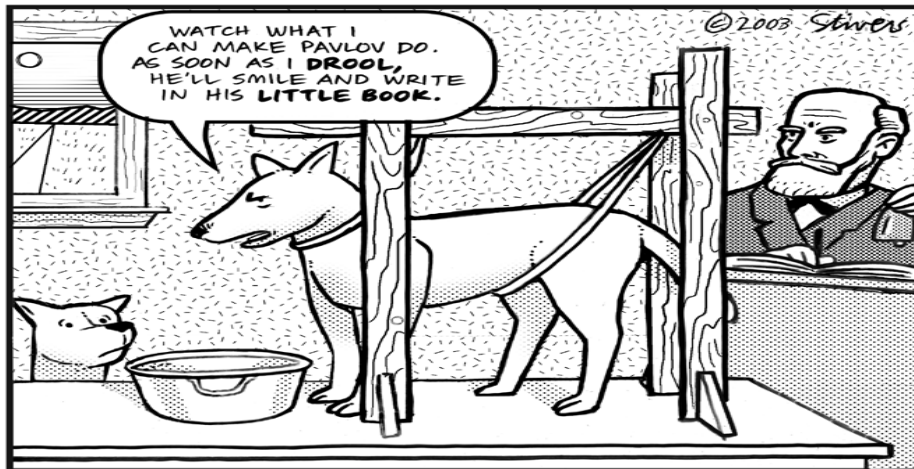
Table 11.2 Freud's Stages of Psychosexual Development

Stage	Approximate Ages	Erotic Focus	Key Tasks and Experiences
Oral	0-1	Mouth (sucking, biting)	Weaning (from breast or bottle)
Anal	2-3	Anus (expelling or retaining feces)	Toilet training
Phallic	4-5	Genitals (masturbating)	Identifying with adult role models; coping with Oedipal crisis
Latency	6-12	None (sexually repressed)	Expanding social contacts
Genital	Puberty onward	Genitals (being sexually intimate)	Establishing intimate relationships; contributing to society through working

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Oedipal complex

Jung's theory of collective unconscious



Carl Rogers – person centered theory

Maslow's Hierarchy of needs & **Maslow's view of the healthy personality**

