



Lecture- 3

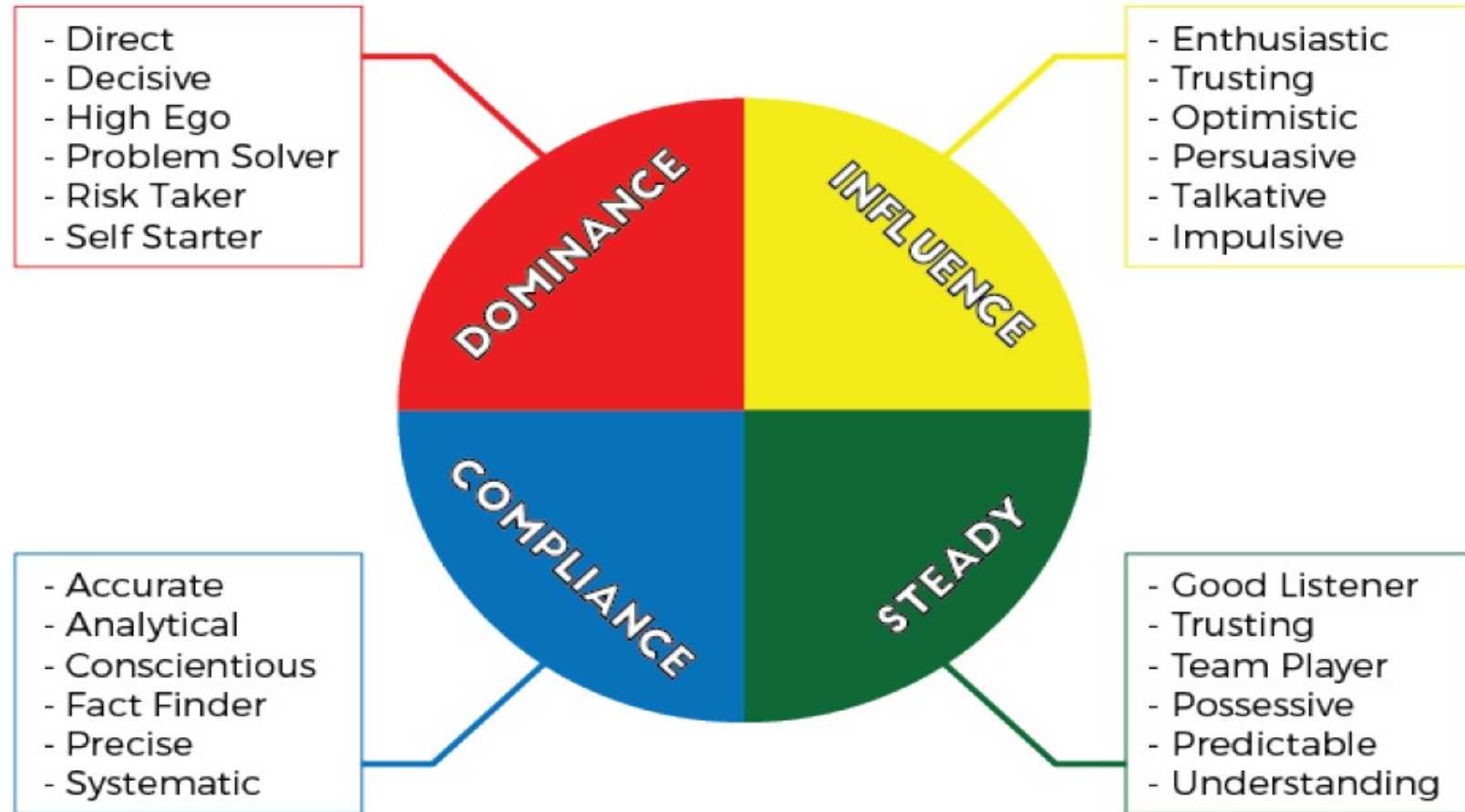
Types of Personalities



What is Personality?

- **Personality is defined as the characteristic sets of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors.**
- **It is the combination of characteristics or qualities that form an individual's distinctive character.**
- **Also defined as individual differences in characteristic patterns of thinking, feeling and behaving.**

Types of personalities





About DISC profiles

- The 4 different types of personalities are a basic division of 4 different behavior sets
- Each person is a combination of two or more behavior sets
- No one falls purely into one category
- Each person has a primary personality and secondary personality
- Combination of both makes the person complete behavior set being called “the attitude”



Articles to read:

- ▶ <https://www.verywellmind.com/what-is-personality-2795416>
- ▶ <https://www.today.com/health/personality-types-average-self-centered-role-model-or-reserved-t137902>