M11 Assignment: Personality

Kyler Suess

PSYCH 201: Intro Psychology

Schoolcraft College

Shellie Jones

3/5/2024

For my personality, I dream big but am stuck in routine and fear. This can be explained using approaches discussed in the module. As such, I used to think I was introverted, however, I have many of the traits of someone extroverted. I thought I was introverted because I had adopted an introverted lifestyle. I tend to move away from people by detaching, isolating, and becoming hyper self-sufficient. I also display an internal locus of control, meaning I truly believe that what I do or don’t experience are directly the results of actions I take. I will always tend to blame myself, which could be due to an inferiority complex, as I have always felt a lack of self-worth. Most of the concepts discussed in the reading focused on negative aspects of one character, such as, if you express this behavior, this bad thing happens. Most of my examples are negative for this reason. However, I have made a lot of progress in the past few years, and I know if I keep putting in the work every day, I will be in a good spot soon. This way of thinking could once again contribute to the internal locus of control.

In Alfred Adler’s theory of individual psychology, his concept of the inferiority complex reminisced with me. As explained above, I have always felt that lack of worth and not being able to measure up to the standards of society or others. As such, this might explain why I feel so much drive to better myself, I could be attempting to gain superiority. In Karen Horney’s Coping Styles theory, I felt I could relate to Detachment and Isolation. I am not sure what caused this behavior (some type of trauma I am sure), but I have always shown more isolated behaviors growing up. In more recent years, especially since COVID-19, this tendency has gotten exponentially worse, with me using the excuse that I am constantly working to make up for my lack of social connection. Finally, I would like to discuss Julian Rotter’s Locus of Control. In this theory, they suggest either an internal or external locus of control. An external locus of control would have an individual blame their outcomes on outside circumstances whereas internal sees the blame lie on the individual. I always believe that what I experience is the result of my actions.

As someone who is currently going through therapy and trying to learn more about themselves, this chapter and exercise was a lot of fun and provided some insight. In the two paragraphs I wrote, a reader can connect the dots and follow my thinking. For example, I have a lack of self (inferiority complex) which causes me to exert large amounts of effort to improve myself so I can gain approval from myself and others. A result of my lack of self-worth is detachment and isolation, as I feel inadequate to the people around me. Finally, while I feel extroverted, I know the path I am on requires me to express more introverted habits. Reading this, the obvious problems can be identified, so the next step is to come up with SMART goals and detailed plans to work through these problems.