**Personality 1 (Module)**

**Module: Introduction**

**Subtopic: What is Personality?  
-Personality:** an idea, an abstract concept that we use because it seems to express or capture something important about our experience  
-often referred to as hypothetical constructs (ex: personality, memory, gravity, energy, etc.)  
-hypothetical constructs help us to organize and understand our experiences

**Module: Approaches to Personality**

**Subtopic: Approaches to Personality  
-**human body is made of hour “humours”: blood, phlegm, yellow bile and black bile  
-personality is determined by these humours (ex: melan for black and cholic for bile; often sad and wistful  
psychodynamic, humanistic, trait, behaviourist, cognitive approaches

**Module: Psychodynamic Approach to Personality**

**Subtopic: Freud and the Psychodynamic Approach**-Freud pioneered the psychodynamic approach  
-psychodynamic approach sees personality as generated by internal psychic structures or processes  
-characteristics of internal structures in your mind, and the way they interact with each other, determine how we feel and behave

**Module: Freud`s Tripartite Model**

**Subtopic: The Id**-source of basic instincts and motivational energy (libido) **-**seek pleasure (water, food, air, sex), avoid pain  
-very selfish and impatient

**Subtopic: Superego  
-**focused on upholding moral principles (maintain moral perfection by obeying rules and values)  
-comes into play at around age 5-6  
-from parental control, self-control is established to form the superego  
-conscious stems from superego

**Subtopic: The Ego**-serve as a mediator between these two extremes  
-aware of the outside reality, so it`s aware of what is going on in the world outside the individual  
-must find a balance between the desires of the Id and the demands of the Superego, while also ensuring that it is realistically possible

**Subtopic: The Conscious and Unconscious  
-** the Id functions completely in the unconscious and so we are not directly aware of what the Id is doing  
-superego functions predominately in the unconscious, but a small portion of it falls into the preconscious and the conscious  
-the ego is fairly equally split into each of the three stages of consciousness

**Module: Defense Mechanisms**

**Subtopic: Development of Defence Mechanisms**-conscious ego is protected against anxiety by defensive mechanisms created by the unconscious ego  
-defence mechanisms keep the conscious ego from feeling anxious by keeping unacceptable id impulses out of consciousness entirely, or by disguising Id impulses so that the conscious ego does not feel anxious about them  
-**Repression:** ego blocks Id impulses from reaching consciousness  
-information can sometimes slip through  
-**Denial:** conscious ego engaged in an activity, but the unconscious ego prevents any memory of the event  
\*Repression: impulse starts in the unconscious and never becomes conscious  
\*denial: impulse starts in the conscious and is blocked out   
-**Rationalization:** unconscious ego justifies some conscious action  
**-Projection:** anxiety-producing thoughts attributed to someone else  
-**Reaction-Formation:** conscious ego is filled with opposite ideas and feelings  
-**Displacement:** forbidden impulses are redirected to acceptable targets  
 **-Sublimation:** sexual or aggressive impulses are displaced to objects or activities that are socially acceptable (sports, painting, literature, science)

**Module: Freud`s Personality Development**

**Subtopic: Oral Stage  
-**birth 🡪 1 year  
-discovers the pleasure of sucking and swallowing and later, of biting and chewing  
-first objects associated with oral pleasure are the bottle, mother’s breast or even one’s thumb

**Subtopic: Anal Stage  
-**1 year 🡪 3 years  
-most gratification from giving up feces through bowel movements  
-through potty training, learn the pleasures of holding onto feces

**Subtopic: Phallic Stage and the Oedipus/Electra Complex  
-**3years 🡪 6 years  
-pleasures of stimulating the phallic area  
-boys go through the Oedipus complex  
-complex begins when the ego invests sexual libido to his mother  
-goal is to have mother to himself against any competing interests  
- child wants to rid of dad of dad is much stronger and bigger; retaliation by castration (castration anxiety)  
-**Identification:** the process of becoming psychologically like the father  
-father’s beliefs and values form the superego  
-girl wants to possess mother  
-penis envy….mother’s fault?  
-sexual libido directed towards dad, wants to eliminate mother  
-identifies with mother  
-due to intense anxiety that the Oedipus and Electra complex generates in the child, most memories of the child’s sexual and aggressive impulses towards Mom and Dad are blocked from consciousness through repression

**Subtopic: Latency Stage**-6years 🡪 Puberty  
-child now enters a period of relative sexual quiescence  
-libido appears to be channeled into behaviours which are not yet overtly sexual

**Subtopic: Genital Stage  
-**Puberty  
-surge of hormones produces new wave of libido  
-specific direction of our sexual interests and urges depend very much on where libido was directed as we passed through the stages of childhood sexuality

**Subtopic: Fixations**-**Fixations:** libido is attached to a specific erogenous zone at each stage  
-some excess libido can be left behind at a specific stage  
-if fixated at a certain stage, actions will show due to that fixation (oral stage🡪eating, smoking, biting nails, arguing, insulting others etc.)  
-**Anal Expulsive:** messy, disorganized, pleasure in giving to others  
-**Anal Retentive:** overly neat, orderly, but are stingy, stubborn, and rigid

**Module: After Feud**

**Subtopic: Anna Freud  
-**developed role of Ego in more detail  
-Ego has a larger role than originally posed and that it has energy of its own  
-Ego defences (built upon ideas of defence mechanisms)  
-developed a system of diagnosis that allowed therapists to distinguish between less serious childhood problems that will be outgrown and more serious disturbances that may lead to a fixation at a particular stage and jeopardize their personality growth

**Subtopic: Erik Erikson  
-**expanded research on the Ego  
-emphasized Ego’s positive and adaptive effects on development, rather than role in just defence  
-also stressed the social aspects of development  
-stressed Ego strengths; strengths gained by the Ego, when each stage of development is resolved  
-retermed these stages psychosocial stages  
**-Trust vs. Mistrust Stage:** emphasizes conflict children face where they are highly dependent but have limited communication capacities (easily frustrated or scared)  
-Ego strength that is gained from this is hope  
-stages span throughout life

**Module: Carl Jung’s Psychoanalytic Theory**

**Subtopic: Introduction to Jung  
-**theories branched from early work with Freud  
-primary motivation provided by libido  
-libido is a life-force, not purely sexual or aggressive  
-Ego is conscious  
-unconscious is divided into a personal unconscious and a collective unconscious

**Subtopic: Collective Unconscious and Archetypes**-collective unconscious is an ancient part of the human mind that forms the biological basis of human nature  
-libido is contained in the collective unconscious in the form of basic human instincts called archetypes shared by all human beings (only accessed indirectly)

**Subtopic: Personal Unconscious and Complex**-personal unconscious can enter consciousness (thoughts, memories, and emotions)  
-collective unconscious cannot enter consciousness  
-complexes fixate libido on images, memories, and feelings related to a common theme  
-inferiority complex is an example  
-collection of complexes that an individual holds helps to make up our personality

**Subtopic: Personality Development**-**Persona: (A)** our instinct for social conformity; our instinctual need to be with others and to please them  
- **(C)** our public self; those feelings, thoughts and impulses that we present to others because we think they will be approved  
-**Animus: (A)** every woman’s instinctive image of maleness  
- **(C)** feelings and thoughts rejected from consciousness because they are masculine  
-**Anima: (A)** every male’s instinctive image of femaleness  
- **(C)** feelings and thoughts rejected because they are feminine  
-**Shadow: (A)** our instinct for sexuality and aggression, also can be a source of energy, vitality, creativity and intuition  
-**(C)** all those things about ourselves—and impulses that we reject totally as utterly “other”  
-**Self: (A)** drives personality development; instinctive desire for unity, balance, integration, and wholeness  
-**(C)** projected through our affinity for circles and symmetrical shapes  
-**Self-actualization:** discovering all of the complexes, integrating them into a unified Self (wholeness in personality)

**Subtopic: The Ego  
-**the conscious mind  
-selects perceptions, thoughts, and feelings from the personal unconscious and lets them enter consciousness  
-helps establish a sense of stability in our perceptions of ourselves and of the world  
-personality lies in the self, the complex, which is between consciousness and unconsciousness