Personality Paper

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Theories of Personality

College of San Mateo

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# Who is Francisco Emilio Rodriguez Piedra? The first impression that I typically construct in people is usually defined as strong, reserved, kind, but at most times serious. The consistent behaviors that others pay attention to are that I am a logical, reserved, quiet, strong, ambitious, man that always has a strong moral compass. My possible needs, motivations, feelings, and concerns that are a part of my behavioral pattern are of the need for order, which is motivated by strict upbringing, with the scar of unrequited love always peering out for my peripheral vision to catch, which always lances my vision when I try to foresee my future decisions that concern my future. The only possible external causes that come to mind when thinking ruminating on my consistent behaviors are my military background and family.

From the various theories that we have discussed in class, I have gained the following insights that I have used in my analysis of others and myself:

1. Psychoanalytic Approach: Freudian Theory; I have turned anger inward in order to defend myself from unwanted stress.
2. Psychoanalytic Approach: Neo-Freudian Theory; My coping styles have different labels known as intellectualization, displacement, and sublimation.
3. The Trait Approach; My primary trait on the Big Five is called inquisitiveness.
4. The Biological Approach; My family biological history and its influence on me is noted when I am around my father whose traits I mirror.
5. The Humanistic Approach; I have experienced flow while writing a paper for an English class, hours flew by while writing but it felt like only twenty minutes.
6. The Behavioral/Social Learning Approach; My most memorable early learned value or behavior, and who I learned it from is respect, which I learned from my father.
7. The Cognitive Approach; The way I commonly perceive and process a “difference of opinion” with someone is by breaking down their past experiences and culture.

While reviewing the various assessment tools of personality theory discussed in these past weeks, I can use the following tools in my analysis of others and myself; sense of self, self-construal, personal constructs, assertiveness, disclosure and concealment, temperament, and emotional expressiveness. I plan to use the insights gained from these assessment tools by focusing my attention on others tools so that I may sharpen my own. Accepting if mine are being used wrong and replacing them with the correct way.

In reviewing the various research examples of personality theory discussed in this course, I can use the following research in my analysis of others and myself with the following types: Types of coping strategies, defense mechanics, humor and aggression, dream interpretation, type A and B behavior, optimism and pessimism, mate selection, heritability of personality traits, extroversion-introversion, solitude, loneliness, aggression and observation learning, and finally cognition and depression. I plan to use the insights gained from this research by finding healthier ways that transform the way I perceive and act with these methods.

In reviewing the various applications of personality theory discussed in this course, I can use the following applications in my analysis of others and myself: Freud’s psychoanalytic theory, psychoanalysis, practical applications, classical conditioning applications, operant conditioning applications, rational emotive therapy, and finally, self-instructional training.

The general observations that I can make about my personality – I would briefly characterize my consistent behavior and intrapersonal processes as: well thought out, behaved, controlled, with a strong moral compass, who uses reason instead of emotion when making decisions. The things that I like most about my personality are that of self-control, free thought, I’m willing to take what can be seen as a big leap to evolve into a better human being because I can’t stand disorder due to my upbringing with a strict father, I have free thought which I have gained throughout my travels around the world; seeing how everything connects has been my biggest influence. The things that I like least about my personality are that I am stubborn at times and that I judge others completely by their first impression because I believe that others have an ignorant point of view on the world and because I believe a first impression is a lasting impression. In personal relationships, the type of people that might bring out the best in me are ambitious, goal orientated, and people that are taking action toward their goals because dreaming and praying doesn’t bring food to the table and a roof over a person’s head. The type of people that bring out the worst in me are ignorant, religious, bullies that are always bringing anger and sadness out of others for their mere pleasure; these people are always blind on how the world functions, causing them to project on to others instead of looking at themselves. In a school situation, the type of environment that might bring out the best in me is with a teacher who has an emotional connection with their chosen subject; transforming the student experience into something that feels real and relatable instead of coming off as boring. The aspects of my personality that might cause me the most difficulty are how I am impatient of small trivial things that never needed to be done or said; sometimes I am a perfectionist and other times I cave into my emotion, angering me, causing projection of anger to occur. What I can do to overcome them is by first, realizing what I am doing and second, accepting and changing the behavior into something that is healthy. In a work situation, the type of environment that might bring out the best in me is orderly but not prejudice; where all open themselves up to understanding each other’s flaws and strengths. The things that I might want to tell my boss and/or other workers about my personality in order to develop more productive work relationships are that I am a prior military leader, so there are times when I might want to over step because I believe my leadership is better.

I plan to improve my recognition, acknowledgement, and acceptance of my own unique personality traits and temperaments by recognizing my accomplishments, acknowledging my failures, accepting that I am just a human and that I will make mistakes, however, mistakes evolve into experience. I intend to improve my self-management of my needs, motivations, feelings, and/or concerns by improving my need of ambition by blocking negative influences, motivating myself when I fall, and give into emotion while finding a healthy release of it. I will proceed to improve my self-management of my communications, body language, attitude, and/or observable behaviors by improving my communication while showing more empathy, body language by standing straight up, attitude by not lashing at those that annoy me, and showing better observable behaviors by caving into the stress that I usually make.

I plan to improve my understanding and appreciation of others by recognizing the differences in the traits and temperaments of others by opening up to understand others perception of these two from mine. Recognize how the unique personality of others can result in perceptions and behaviors much different from my own by listening to their past experiences that affected their behavior. I intend to improve relationships with the “personalities” in my home, friends, school, and/or work environment by opening up and trying to understand their different perspectives, maybe even changing my own or theirs in the process. I plan to assist friends, significant other, spouse, children, co-workers, and/or to grow, and to better adapt their personalities to various environments by showing both sides of the spectrum and not just what everyone else focuses on. To adjust the traits and behaviors of their personality to get along better with me, others will be given a breakdown of who I am and what motivates me.