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What is Personality?

- **Personality** = an individuals patterns of thinking, feeling, and acting
- Four perspectives
 - 1. Psychoanalytic = unconscious processes determine personality
 - e.g.
 - * Anal retentive
 - * Orally fixated
 - 2. **Humanistic** = personality is determined by self and fleshed out by self actualization
 - 3. **Social cognitive** = personality is determined by beliefs about one's self
 - e.g.*
 - * Insecurity
 - * Belonging
 - 4. **Trait** = personality is determined by the presence of different types of traits

Psychoanalytic Perspective

- Essential premise is that psychosexual development is integral to our proper functioning
 - If something goes awry at some stage, you may develop a problem with that stage
- Techniques to discover psychosexual problems
 - Free association = the process of unearthing unconscious associations between ideas
 - * Basically, patient begins chaining ideas as they come to mind
 - · Thought to be indicative of unconscious resistance
 - Dream interpretation = the process of understanding latent meaning in dreams
 - Hypnosis = inducing a mental state where the unconscious motivations and desires can be seen easier
- Unconscious = a storage space for repressed impulses
 - Repressed impulses = taboo thoughts, wishes, feelings, or memories
 - Is not available to the conscious mind; can only be seen indirectly

- **Preconscious** = a storage space for knowledge that can be invoked but not consciously so
 - Must be brought to memory by some stimulus
 - -e.q
 - * Events of the day so far
 - * Latent knowledge
- Three parts of personality
 - 1. Id = the element that composes our primal element of personality
 - Pleasure principle = the heuristic that immediate pleasurable is the most desirable good
 - At birth, the mind is only composed of the id
 - Sources of energy
 - * Eros = life instinct, perpetuate life
 - * Thanatos = risky, aggressive, self-destructive drive
 - Libido = roughly synonymous with "sex drive"
 - 2. **Superego** = the element that composes our moral intuition and aspirations
 - Moral intuitions are mostly inherited from observation and imitation
 - It has the power to generate anxiety
 - Morality principle = the heuristic that adherence to a code is the most desirable good
 - 3. Ego = the element that composes our conscious mind
 - Essential role is to balance the id and superego
 - Reality principle = the heuristic that external restrictions should be reconciled for maximum value
- **Psychosexual stages** = stages of development where the id focuses on one type of sensory pleasure

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Five Psychosexual Stages

- 1. **Oral** = pleasures are principally derived from oral stimuli
 - Birth to 18 months
- 2. **Anal** = pleasures come from relief from ending discomfort associated with holding in waste

- 18 months to 36 months
- 3. **Phallic** = pleasure comes from genitals
 - 3 years to 6 years
- 4. Latency = a period of dormant sexual feelings
 - 6 years to puberty
- 5. **Genital** = sexual maturation and seeking physical relationships
 - Puberty and after
- Oedipus complex = the propensity for a young boy to experience sexual desire for his mother and hatred for his "rival" father
 - Based on the Greek myth of Oedipus
- **Electra complex** = the propensity for a young girl to experience sexual desire for her father and hatred for her "rival" mother
 - Sometimes, your best ideas don't come while high on coke
 - * Freud loved him some coke
- Castration anxiety = a young boy's fear that the father will castrate him for vying for experiencing sexual desire towards his mother
 - wat.
- **Penis envy** = the effect of women feeling jealous of men for having a penis
 - Don't ask me. Freud was weird
- **Identification** = the process by which the dominant parent's values bleed into the superego of the child
- **Fixation** = the effect of having an unresolved conflict during some psychosexual stage
 - Results in a lack of closure—the person fixates on that conflict
- It's important to note that most of these ideas have been discredited and aren't practiced by modern psychodynamic psychologists