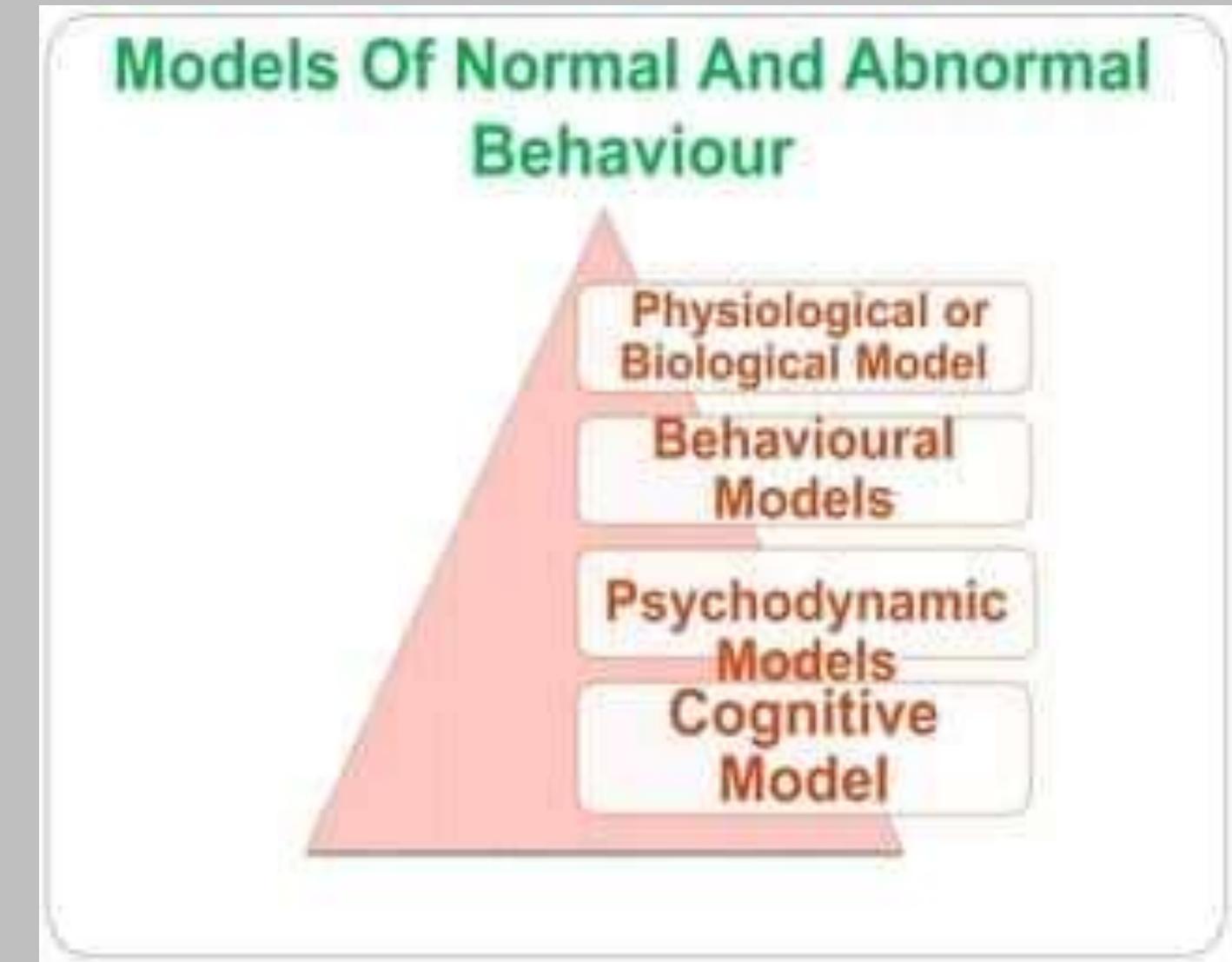
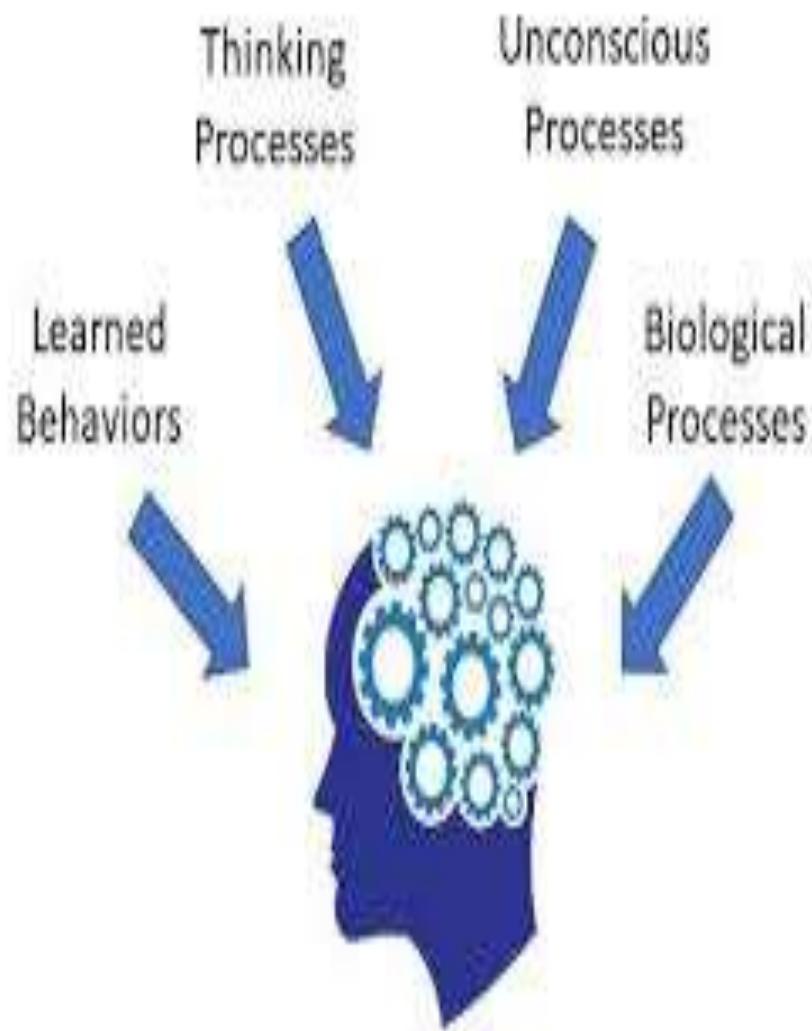


MODELS OF HEALTHY PERSONALITY

HUMAN PERSONALITY



Characteristics Of Normal Behaviour

Jahoda (1958) attempted to establish what is abnormal by identifying the characteristics of people who are normal. She identified six characteristics of mental health.

- Efficient self-perception
- Realistic self-esteem and acceptance
- Voluntary control of behavior
- True perception of the world
- Sustaining relationships and giving affection
- Self-direction and productivity

Six ideal characteristics of the mature personality (Allport, 1961)

- **Capacity for self-extension** : The mature person focuses on more than simple needs or drive-reduction; they develop strong interests outside of themselves. By truly participating in life, **they give direction to their life.**
- **Capacity for warm human interaction** : The mature person is marked by two kinds of warmth. On one hand, **through self-extension they are capable of great intimacy in their capacity for love**, whether it involves family members or friends. On the other hand, **they avoid gossipy, intrusive, or possessive relationships with other people**. They respect other persons as persons; they express tolerance and the so-called “**democratic character structure.**”
- **Demonstration of emotional security and self-acceptance** : Mature individuals demonstrate emotional poise; **they have the ability to avoid overreacting**. They possess the quality of “frustration tolerance.”
- **Demonstration of realistic perception Skills, and Assignments:** Generally speaking, the mature person is in close contact with what we call the “**real world.**” They see things, including people, for what they really are.

- **Demonstration of self-objectifications - Insight and Humor:** Allport quoted Socrates: “**know thyself.**” People who truly know themselves are able to look at themselves objectively, and to laugh at their own failings and mistakes.
- Demonstration of **unifying philosophy of life (may be religion, or anything that gives meaning to one’s life)**: Humor may be essential, but it is never sufficient.
- **Maturity requires a sense of life’s purpose.** This sense of purpose can be found in having a clear direction to one’s life, in a strong orientation to values, within one’s religious sentiment, or through a generic conscience.
- Allport found it quite interesting that many people consider their **desire to serve society** was a more important generic motive than the fulfillment of any sense of religious or spiritual duty.
- He concluded that an integrated sense of moral obligation can provide **a unifying philosophy of life** regardless of whether or not it is tied to one’s religious sentiments.

Carl Rogers

- **5 components of the fully functioning person**
- **1. Open to experience:** both positive and negative emotions accepted. Negative feelings are not denied, but worked through (rather than resort to ego defence mechanisms).
- **2. Existential living:** in touch with different experiences as they occur in life, avoiding prejudging and preconceptions. Being able to live and fully appreciate the present, not always looking back to the past or forward to the future (i.e. living for the moment).
- **3. Trust feelings:** feeling, instincts and gut-reactions are paid attention to and trusted. People's own decisions are the right ones and we should trust ourselves to make the right choices.
- **4. Creativity:** creative thinking and risk taking are features of a person's life. Person does not play safe all the time. This involves the ability to adjust and change and seek new experiences.
- **5. Fulfilled life:** person is happy and satisfied with life, and always looking for new challenges and experiences.

Characteristics of Self-Actualizing People (Maslow, 1970)

- | | |
|--|--|
| <ul style="list-style-type: none">✓ Efficient Perception of Reality✓ Acceptance of self and others✓ Spontaneity, Simplicity, Naturalness✓ Focus of Problem Centering✓ Detachment: The need for Privacy✓ Autonomy: Independent of culture & Environment✓ Peak Experiences✓ Deep Interpersonal relations✓ Democratic Values and attitude | <ul style="list-style-type: none">✓ Discrimination: Means and Ends, Good and Evil✓ Philosophical, Unhostile sense of Humor✓ Creativity: Resistance to enculturation (nonconformists in the best sense) - the gradual acquisition of the characteristics and norms of a culture or group by a person, another culture, etc.✓ Imperfections Values (acceptance)✓ Resolution of Dichotomies |
|--|--|

1. More Efficient Perception of Reality and More Comfortable Relations With It:

“self-actualizing people have an unusual ability to detect the **spurious**, the **fake**, and the **dishonest** in personality, and in **general to judge people correctly and efficiently**” (Maslow, 1970).

2. Acceptance of Self, Others and Nature: “They can accept their own human nature, with all its shortcomings, with all its discrepancies from the ideal image without feeling real concern” (Maslow, 1970).

3. Spontaneity; Simplicity; Naturalness: “Their behavior is marked by simplicity and naturalness, and by **lack of artificiality or straining for effect**. His **unconventionality is not superficial but essential or internal...** and he is perhaps more human, more revealing of the **original nature of the species**” (Maslow 1970).

4. Problem Centering: “Self-actualizing people are in general strongly focused on problems outside themselves... they are not generally much concerned about themselves... These individuals customarily **have some mission in life, some task to fulfill, some problem outside themselves which enlists much of their energies**” (Maslow, 1970).

5. The Quality of Detachment; The Need for Privacy: “For all my subjects it is true that they can be solitary without harm to themselves and without discomfort... it is true for almost all that they positively like **solitude and privacy to a definite greater degree than the average person.**” (Maslow 1970).

6. Autonomy (Independence of Culture and Environment) :“Self-actualized people are not dependent for their main satisfactions on the real world, or other people or culture or means to ends or, in general, on **extrinsic satisfactions**. Rather they are dependent for their **own development and continued growth of their own potentialities.** ” (Maslow 1970)

7. Continued Freshness of Appreciation: “Self-actualizing people have the **wonderful capacity to appreciate again and again, freshly and naively**, the basic goods of life, with awe, pleasure, wonder and even ecstasy, however stale these experiences may have become to others... for such a person, **any sunset may be as beautiful as the first one**” (Maslow, 1970).

8. Mystic Experiences (Peak Experiences): “feelings of limitless horizons opening up to the vision, the feeling of being simultaneously more powerful and also more helpless than one ever was before, the feeling of great ecstasy and wonder and awe, **the loss of placing in time and space with**, finally, the conviction that something extremely important and valuable had happened.” (Maslow, 1970).

9. Gemeinschaftsgefühl (sense of community) : “Self-actualizing people have for human beings in general a **deep feeling of identification, sympathy, and affection** in spite of the **occasional anger, impatience, or disgust**... because of this they have a genuine desire to help the human race as if they were all members of a single family.” (Maslow 1970).

10. Interpersonal Relations : “Self actualizing people have deeper and more profound interpersonal relations than any other adults (although not necessarily deeper than those of children.) They are **capable of more fusion, greater love, more perfect identification, more demolition of the ego boundaries** than other people would consider possible.” (Maslow, 1970).

11. The Democratic Character Structure : “All my subjects may be said to be democratic people in the deepest possible sense... they can be and are friendly with anyone of a **suitable character regardless of class, education, political belief, race or color**... it is as if they are not even aware of these differences.” (Maslow, 1970). These individuals often select friends of an elite nature, thought not elite in birthright, race or color; but rather **eliteness of character, capacity and talent.**

12. Discrimination Between Good and Evil: “These individuals are **strongly ethical**, they have definite moral standards, they do right and do not do wrong. Needless to say, **their notions of right and wrong and good and evil are often not the conventional ones.**” (Maslow, 1970).

13. Philosophical, Un-Hostile Sense of Humor: “Their sense of humor is not of the ordinary type. They do not consider funny what the average man considers to be funny. They do not laugh at hostile humor or superiority humor... characteristically what they consider humor is more closely allied to philosophy than anything else... more akin to parables or fables.” (Maslow, 1970).

14. Creativeness : “Each one shows in one way or another a special kind of creativeness or **originality or inventiveness** that has certain peculiar characteristics... which is akin to the universal creativeness of unspoiled children.” (Maslow, 1970).

15. The Transcendence of Culture; Resistance to Enculturation: “Self-actualizing people are not well adjusted (in the naive sense of approval of and identification with the culture). They get along with the culture in various ways, but of all of them it may be said that in a certain profound and meaningful sense they **resist enculturation and maintain inner detachment from the culture in which they are immersed.**” (Maslow, 1970).

DEFINITIONS OF CHARACTER STRENGTHS & VIRTUES

"A combination of talents (naturally recurring patterns of thoughts, feeling and behavior), knowledge (facts and lessons learned), and skills (the steps of an activity.)" (Buckingham & Clifton, 2001).

"Positive traits reflected in thoughts, feelings, and behaviors." (Park, Peterson, & Seligman, 2004).

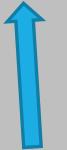
A "strength" is "a capacity for feeling, thinking, and behaving in a way that allows optimal functioning in the pursuit of valued outcomes" (Snyder & Lopez, 2007).

"Understood to be natural capacities that we want to use, that enable authentic expression, and that energize us." (Govindji & Linley, 2007).

Virtues are defined as the central characteristics that have been valued moral philosophers and religious thinkers worldwide.

Character Strengths (CS) are Imp. for :

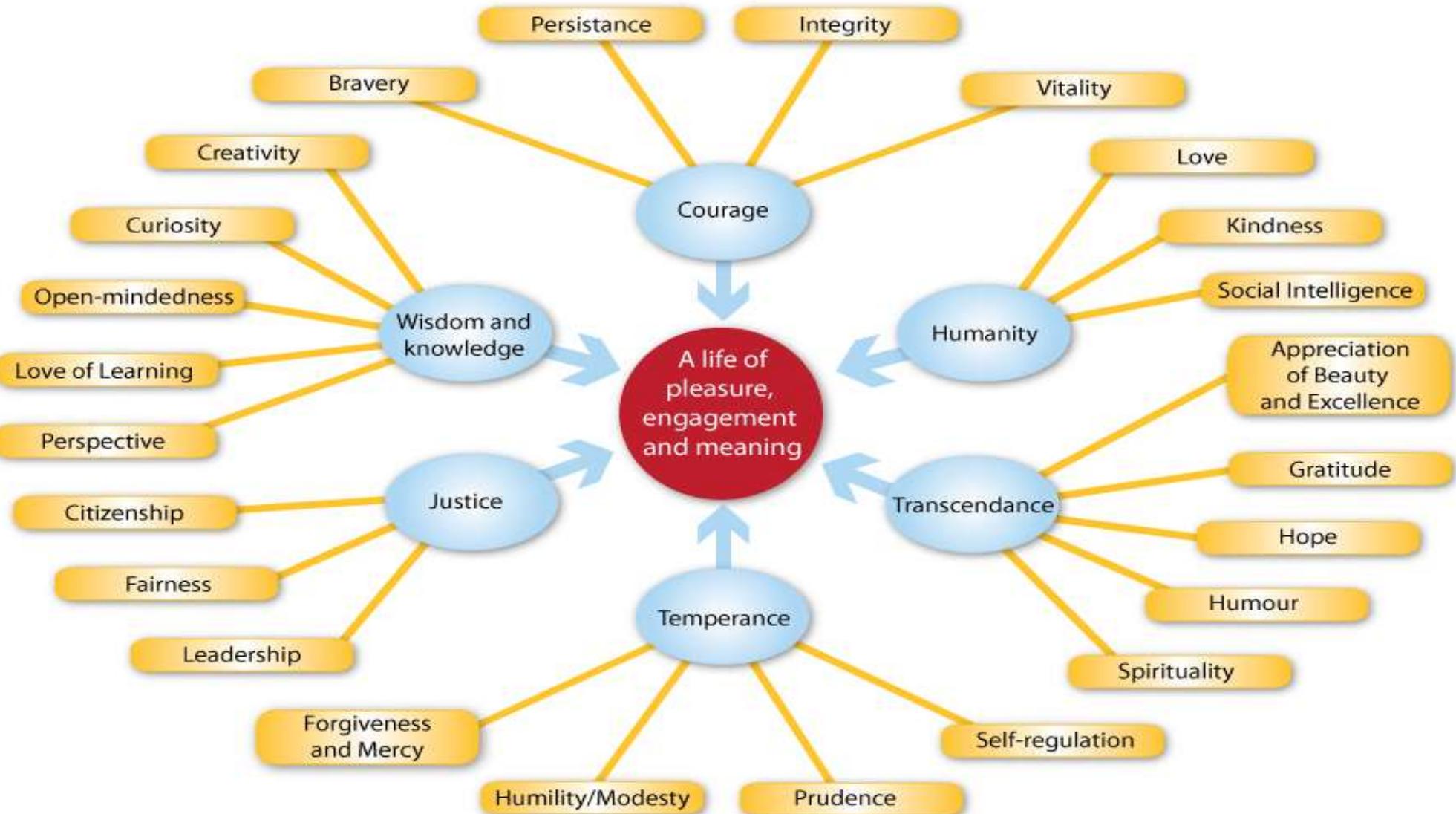
- Personal well-being
- Interpersonal well-being
- Social well-being



- The VIA-IS (Virtues in Action-Inventory of Strengths) measures positive psychological traits, or strengths of character.
- The six main “**virtues**” are based on an analysis and compilation of **core human excellences** found from history’s great **philosophers, religions, and traditions**.
- They have “**emerged consensually across cultures and throughout time**” (Peterson & Seligman, 2004).
- “We speculate that all these virtues must be present at **above threshold values** for an individual to be deemed of good character” (Peterson & Seligman, 2004).

VIA Character Strengths & Virtues

(Peterson and Seligman, 2004)



1.Wisdom and Knowledge – Cognitive strengths that entail the acquisition and use of knowledge

Creativity [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

Curiosity [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering them .

Judgment & Open-Mindedness [critical thinking]: Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

Love of Learning: Mastering new skills, topics, and bodies of knowledge etc.

Perspective [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

2.Courage – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal.

Bravery [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

Perseverance [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.

Honesty [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

Zest [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

3. Humanity - Interpersonal strengths that involve tending to and befriending others.

- **Capacity to Love and Be Loved:** Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.
- **Kindness** [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them.
- **Social Intelligence** [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

4 Justice - Civic strengths that underlie healthy community life

- **Teamwork** [citizenship, social responsibility, loyalty]: Working well as a member of a group or team; being loyal to the group; doing one's share.
- **Fairness**: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.
- **Leadership**: Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.

5.Temperance – Strengths that protect against excess.

Forgiveness & Mercy: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.

Modesty & Humility: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

Prudence: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

Self-Regulation [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

6. Transcendence - Strengths that create connections to the larger universe and provide meaning

Appreciation of Beauty and Excellence [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

Gratitude: Being aware of and thankful for the good things that happen; taking time to express thanks.

Hope [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

Humor [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

Religiousness & Spirituality [faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.



The VIA Classification of 24 Character Strengths

ViaCharacter.org

WISDOM	CREATIVITY <ul style="list-style-type: none">OriginalityAdaptiveIngenuity	CURIOSITY <ul style="list-style-type: none">InterestNovelty-SeekingExplorationOpenness	JUDGMENT <ul style="list-style-type: none">Critical ThinkingThinking Things ThroughOpen-mindedness	LOVE OF LEARNING <ul style="list-style-type: none">Mastering New Skills & TopicsSystematically Adding to Knowledge	PERSPECTIVE <ul style="list-style-type: none">WisdomProviding Wise CounselTaking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none">ValorNot Shrinking from FearSpeaking Up for What's Right	PERSEVERANCE <ul style="list-style-type: none">PersistenceIndustryFinishing What One Starts	HONESTY <ul style="list-style-type: none">AuthenticityIntegrity	ZEST <ul style="list-style-type: none">VitalityEnthusiasmVigorEnergyFeeling Alive	
HUMANITY	LOVE <ul style="list-style-type: none">Both Loving and Being LovedValuing Close Relations with Others	KINDNESS <ul style="list-style-type: none">GenerosityNurturanceCare & CompassionAltruism"Niceness"			SOCIAL INTELLIGENCE <ul style="list-style-type: none">Aware of the Motives/Feelings of Self/OthersKnowing what Makes Other People Tick
JUSTICE	TEAMWORK <ul style="list-style-type: none">CitizenshipSocial ResponsibilityLoyalty			FAIRNESS <ul style="list-style-type: none">JustNot Letting Feelings Bias Decisions About Others	LEADERSHIP <ul style="list-style-type: none">Organizing Group ActivitiesEncouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS <ul style="list-style-type: none">MercyAccepting Others' ShortcomingsGiving People a Second Chance	HUMILITY <ul style="list-style-type: none">ModestyLetting One's Accomplishments Speak for Themselves	PRUDENCE <ul style="list-style-type: none">CarefulCautiousNot Taking Undue Risks	SELF-REGULATION <ul style="list-style-type: none">Self-ControlDisciplinedManaging Impulses & Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none">AweWonderElevation	GRATITUDE <ul style="list-style-type: none">Thankful for the GoodExpressing ThanksFeeling Blessed	HOPE <ul style="list-style-type: none">OptimismFuture-MindednessFuture Orientation	HUMOR <ul style="list-style-type: none">PlayfulnessBringing Smiles to OthersLighthearted	SPIRITUALITY <ul style="list-style-type: none">ReligiousnessFaithPurposeMeaning

The Positive Personality Traits Questionnaire: Singh & Duggal (2009)

Positive self image: It measures participants' orientation towards maintaining a positive self image. It includes looking at the self and life positively, looking at the self in relationships in a positive manner, seeing the self as flexible, emotionally intelligent, fair, spiritual, honest and self reliant. This factor contains 11 items like "I take pride in being who I am even if others ridicule me"; "I strive to be a self reliant person" etc.

Commitment: It includes the tendency to be committed towards the self in terms of beliefs and goals and to be committed towards others in relationships. It also includes the inclination to initiate actions towards one's own life and in response to others. It includes aspects of goal orientation, of resilience, a desire to learn new things, independence, originality, gratitude, generosity and loyalty. This factor contains 11 items like "I believe that nothing in life can be achieved without working hard"; "If someone asks for my help I never refuse" etc.

Outward/People orientation: This aspect measures the confidence that a person places in himself/ herself. This includes the ability to be outgoing and gregarious in social situations, a zestful approach, self esteem and the confidence to lead others. This factor contains 11 items like "I have a lot of self confidence"; "I can inspire others to do as I say" etc.

Culture identification: These items mainly look at an individual's orientation towards one's culture and country. This includes aspects of orientation towards one's traditions, patriotism and tolerance towards others. This factor contains 10 items like "I feel proud of my country"; "I value my cultural traditions"

FROM TRAITS CH---6.4

Stress Resistant Personality

Studies by Kobasa have shown that people with high levels of stress but low levels of illness are labeled as stress-resistant personality. They share three characteristics which are referred to as the personality traits of Hardiness.

Hardiness is a set of beliefs about oneself, the world and how they interact. It consists of 'the three C's

Commitment (invests oneself in the solution)

- Commitment in terms of a sense of personal commitment to what one is doing
- Stress-resistant personalities have commitment to work, family, hobbies and social life

Control (takes control of a situation, doesn't run from it)

- An individual should have a sense of control over his life.
- Stress-resistant personalities have control in terms of a sense of purpose and direction in life.

Challenge (sees opportunity rather than the problems)

- An individual should always be ready to face challenges in life.
- Stress-resistant personalities view changes in life as normal and positive rather than as a threat.

What is Type R personality?

- 'Type R' is a new alternative to 'Type A' and 'Type B' people. It describes those who are resilient — people who can accept change, failure, and disruption. They see challenge as opportunity and can reframe less-than-ideal situations into a constructive perspective



Type 'R' Personality (Sensation Seekers)

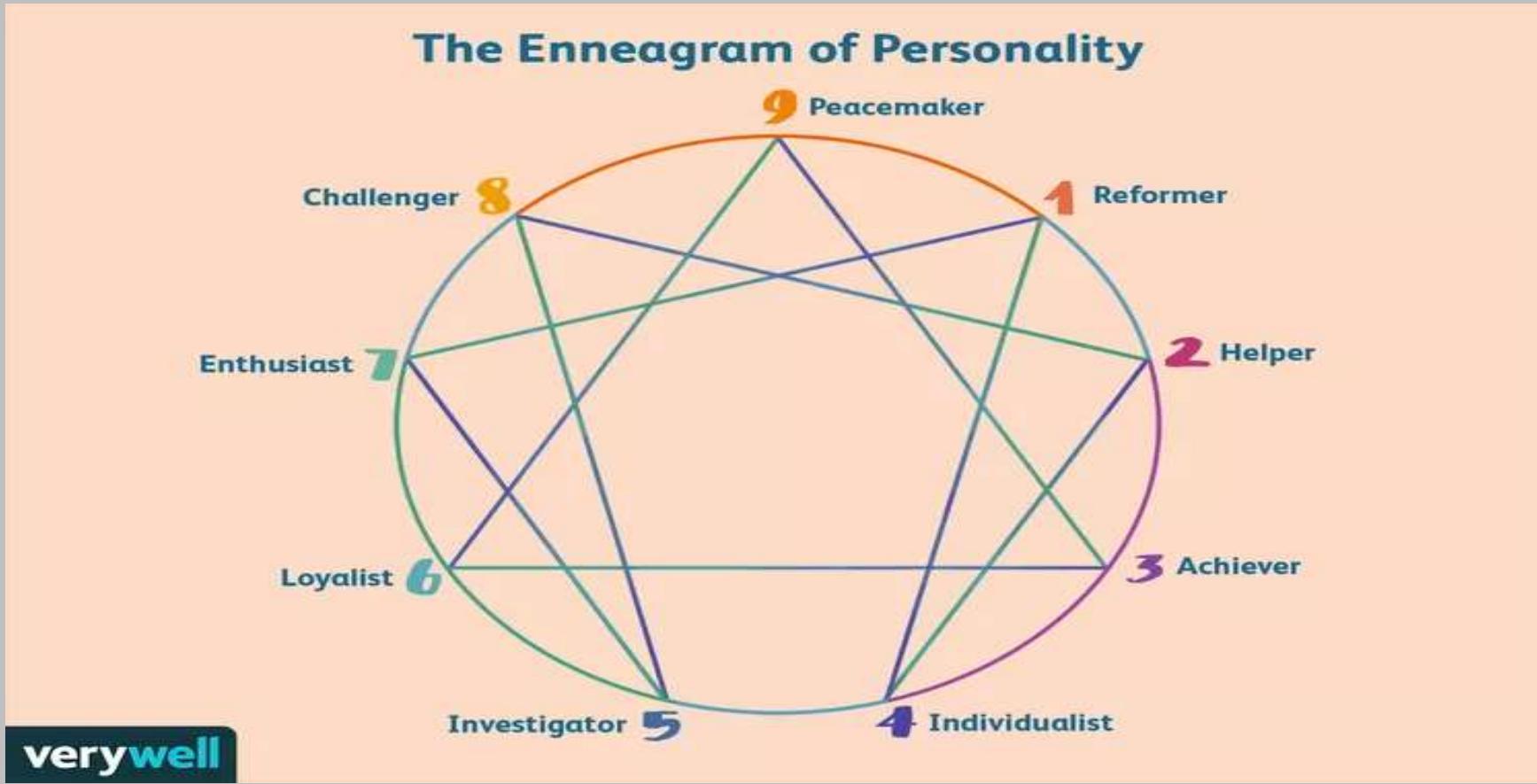
- Zuckerman (1971) identified the sensation-seeking personality as those people who seek thrills and sensations but take calculated risks in their endeavors; they appear to be dominated by an adventurous spirit.



The immune power personality

- The ACE Factor- Attention, Connection, Expression
- The capacity to confide
- Hardiness
- Assertiveness
- Affiliative Trust
- Healthy Helping
- Self complexity

<http://www.thebody.com/dreher/immpower.html>



Beyond these basic nine personality types, the system grows much more complex and includes 27 different subtypes, as well as three key "centers" focused on action, feeling, and thinking.

Source :<https://www.verywellmind.com/theenneagram-of-personality-4691757>

- According to Enneagram theory, people are born with a dominant personality type that can then be shaped by environmental factors and experiences.
- While inborn traits and characteristics help shape how people respond to their experiences, their environment also plays a role in shaping how personality is formed and expressed.

- Enneagram Types

1. Reformer -This Enneagram type:

- Is highly principled
- Can be judgmental and uncompromising
- Is perfectionistic, purposeful, and self-controlled
- Strives for integrity; Fears corruption
- Has a strong sense of what is the “right” and “wrong” way to do things

2. Helper-This Enneagram type:

- Is generous and people-pleasing
- Has a strong desire to be loved, sometimes denying their own needs to make others happy
- Puts a lot of energy into their relationships, which is sometimes interpreted as neediness
- Is genuine
- Is a good listener
- Tends to overlook their own needs

3. Achiever-This Enneagram type:

- Is successful, adaptable, and hardworking
- May sometimes be an overachiever or workaholic
- Is driven to excel
- Is image-conscious
- Is adaptable
- Is more focused on success than feelings, but good at communicating

4. Individualist- This Enneagram type:

- Is creative, forward-thinking, and highly expressive
- Can sometimes be self-centered
- Has a strong sense of identity
- Can be temperamental or self-absorbed at times

5. Investigator- This Enneagram type is:

- Innovative and highly perceptive
- Smart, logical, and likes to think deeply about things
- Quiet and thoughtful
- Objective and logical
- Detached and unemotional

6. Loyalist- This Enneagram type:

- Tends to be responsible and committed
- Has long-lasting relationships
- Is trustworthy and devoted
- Tends to worry and dwell on the negative

7. Enthusiast: This Enneagram type is:

- Spontaneous, fun-loving, and versatile
- Extraverted—they are social and love to meet new people
- Highly adventurous and always on the lookout for fun
- Easily distracted and unfocused
- Quick thinking
- Good at maintaining a positive attitude

8. Challenger- This Enneagram type is:

- Bold, dominating, and confrontational
- Decisive and self-confident
- Often successful in leadership roles
- Sometimes seen as domineering and aggressive
- Outspoken and action-oriented

- Oscar Ichazo (1931–2020) credits to **contemporary Enneagram of Personality which is largely derived from parts of Ichazo's teachings, such as those on ego-fixations, holy ideas, passions, and virtues.**
- The Stanford Enneagram Discovery Inventory,(Daniels, David (1998) was developed named the Essential Enneagram Test.

9. Peacemaker- This Enneagram type:

- Is agreeable and easy-going
- Is self-effacing and complacent at times
- Avoids conflict whenever possible
- Promotes harmony in groups
- Dislikes disagreements
- May ignore their own wants and needs just to ensure peace

THANKS