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Personality Theories

The psychodynamic theory argues that my personality shaped my behavior is determined by the unconscious motivation. The assertion of this theory is that we lack reasons to justify or explain our actions, but we can offer rationales after demonstrating our behavior. According to the theory, the conflicts and interactions of the three aspects, *id*, *ego*, and *superego*, present in my mind shapes my personality. The most annoying part is that the *id*, which is absolutely unconscious, influences most of the critical motivations such as destructive, aggressive, and sexual drives. Therefore, I dislike the fact that my engagements in undesirable or harmful behaviors such as watching pornography and drinking of liquor are caused by the unconscious *id*. Superego directs me to do responsible, moral, and ethical undertakings. However, the interesting component is the ego. According to the theory, the ego can be described as the conscious controller of my decision making and enables me to make the right decision at the right time.

On the other hand, the humanism theory dictates that my personality is determined by the self-concept. My personal values, beliefs, positive feelings, and self-esteem define my personality. The theory differs from psychodynamic one by showing that I consciously develop a strong character rather than be guided by the unconscious *id*. I like this theory because it shows that I can strengthen my personality by being self-confident and setting my rules, beliefs, and values without listening to opinions from other regarding my living standards. These set of behaviors should be moral and ethical and view others as equal. The aspect of ego in the psychodynamic theory makes its goals similar to the humanism theory. Ego and the unconditional positive concern for others tend to create an ethical life. However, I dislike the theory because it describes or may lead to the formation of a soft personality.

Analysis of Celebrity's Personality

The personality of a celebrity can be analyzed through the use of humanism theory. According to this theory, individuals develop a strong personality by focusing on their self-beliefs, values, and positive feelings. Almost all celebrities are striving to achieve higher and compete with others in their category to be the best in the society. Due to the celebrity's desires to achieve self-actualization and establish a robust self-esteem, he or she ends up establishing a desirable personality. In this case, a celebrity is a self-actualized individual with strong connections and leaving a creative and fruitful life.