

Personality

1



A person's pattern of thinking,
feeling and acting.

The glass is
half full!



The glass is
half empty.



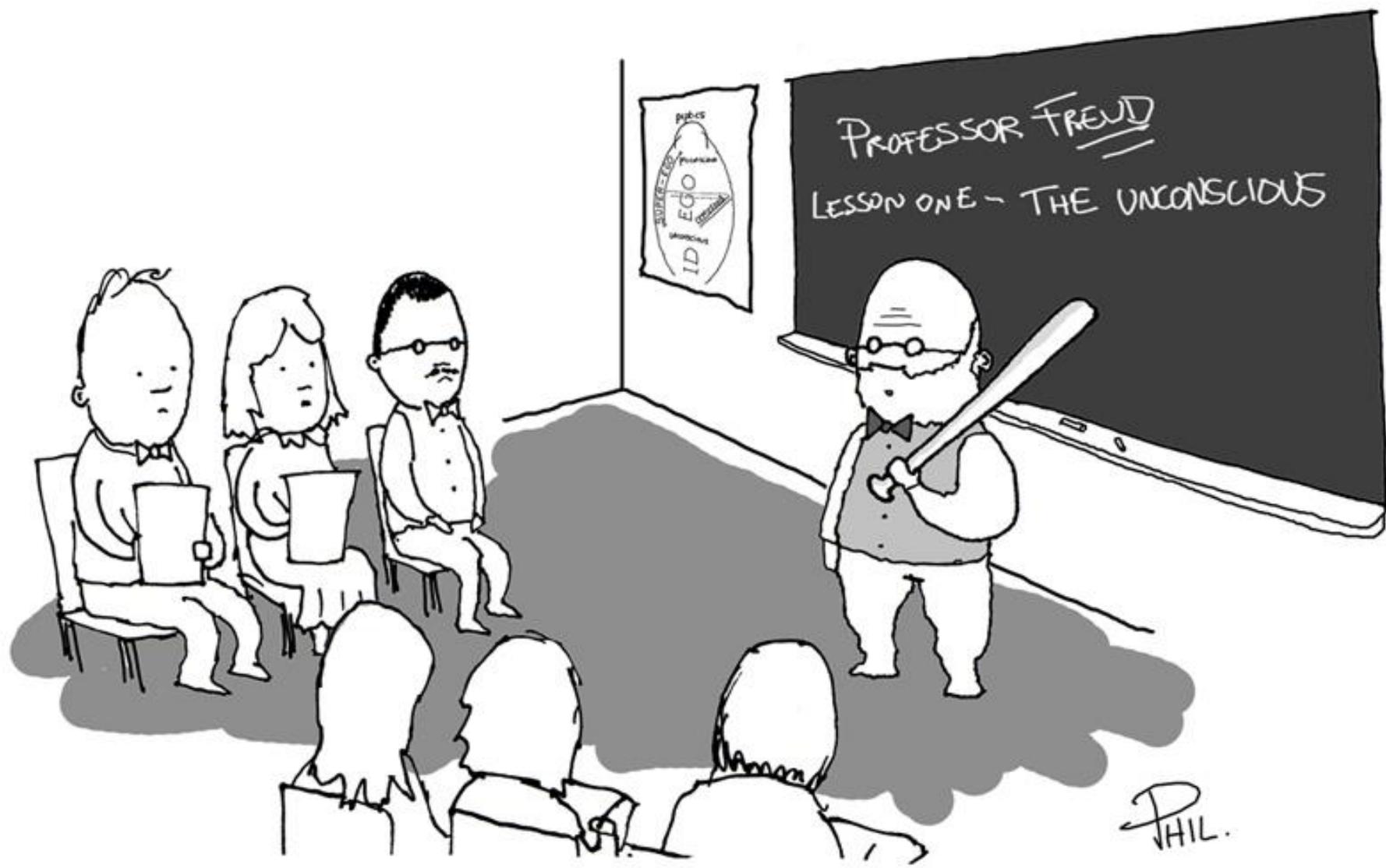
Half full... No! Wait!
Half empty!... No, half...
What was the question?



Hey! I ordered
a cheeseburger!



The four basic personality types



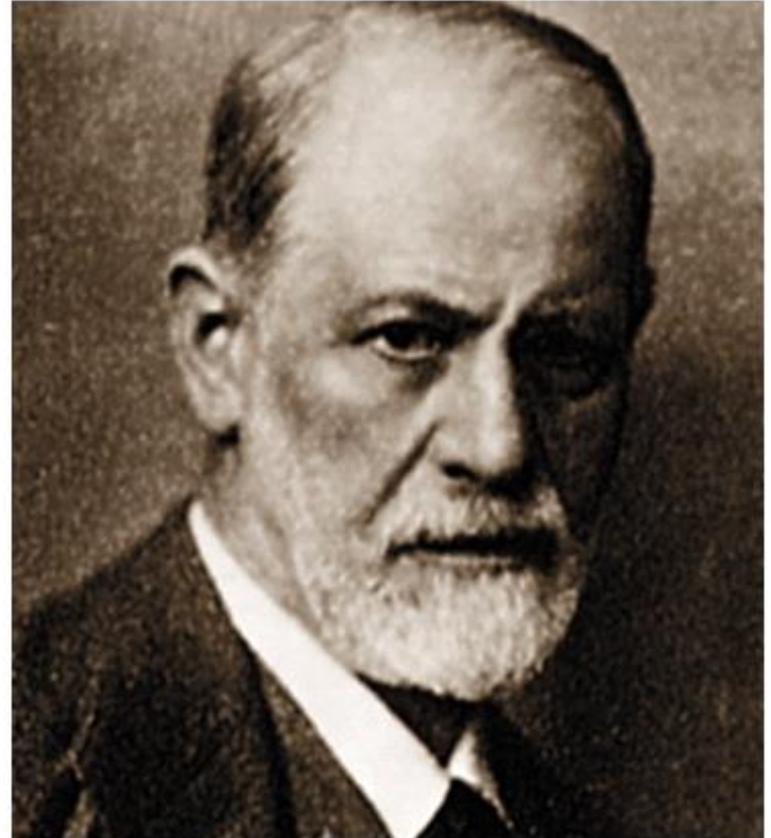
“Can I have a volunteer, please.”

Psychodynamic Perspective

In his clinical practice, Freud encountered patients suffering from nervous disorders.

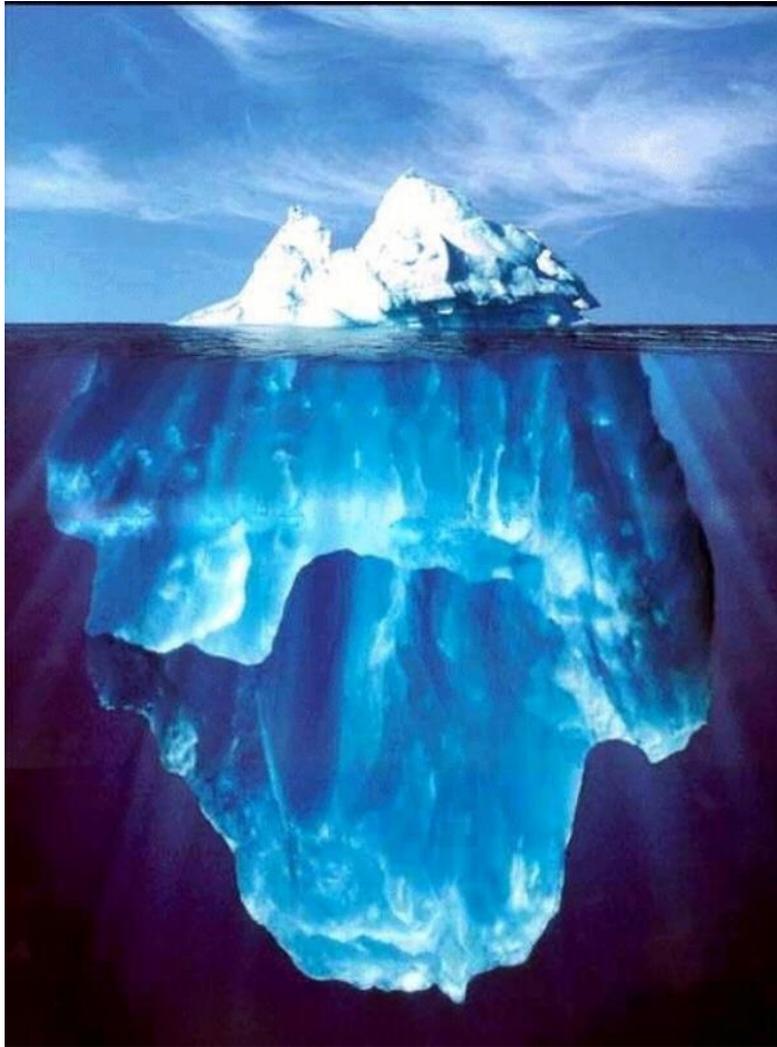
Their complaints could not be explained in terms of purely physical causes.

Neurosis – nervous disorder



Sigmund Freud
(1856-1939)

Our Personality 2



- **Conscious-** things we are aware of.
- **Preconscious-** things we can be aware of if we think of them.
- **Unconscious-** deep hidden reservoir that holds the true "us". All of our desires and fears.

Exploring the Unconscious

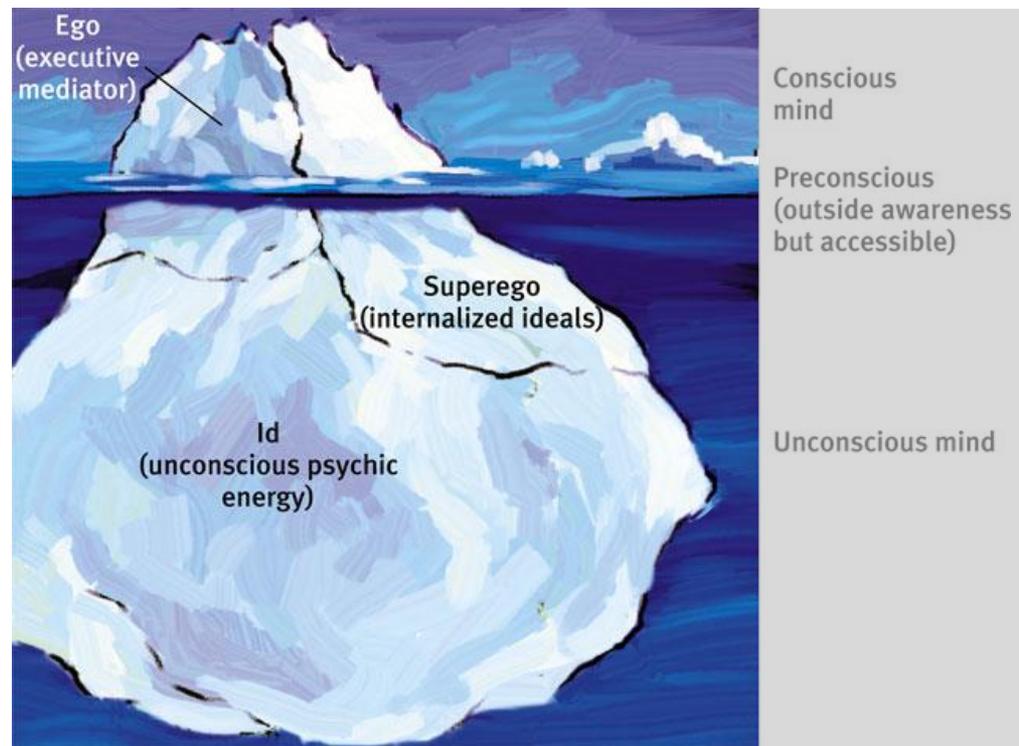
A reservoir (**unconscious mind**) of mostly unacceptable thoughts, wishes, feelings, and memories. Freud asked patients to say whatever came to their minds (**free association**) in order to tap the unconscious.



<http://www.english.upenn.edu>

Personality Structure 3

Personality develops as a result of our efforts to resolve conflicts between our biological impulses (id) and social restraints (superego).



Freud's Early Exploration into the Unconscious

4

- Used *hypnosis* and *free association* (relax and say it all) to delve into unconscious.
- Mapped out the "mental dominoes" of the patients past in a process he called **psychoanalysis**.

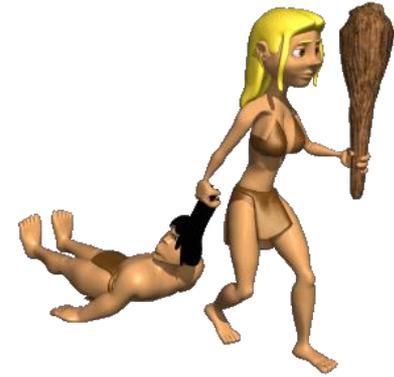


Getting into the Unconscious 5

- Hypnosis
- Dream Interpretation
- **Free Association** (having them just randomly talk to themselves...and then interpreting the conversation).
- **Projective Tests** (and test that delves into the unconscious).
- Examples are TAT and Inkblot Tests.



Id 6



- **Exists entirely in the unconscious** (so we are never aware of it).
- **Buried deep - repressed**
- Our hidden true animalistic wants and desires.
- Works on the *Pleasure Principle*
- Avoid Pain and receive Instant Gratification.
- !



ID 6a

- **Pleasure principle**
- Wants immediate gratification
- **Strives to satisfy basic sexual and aggressive drives**

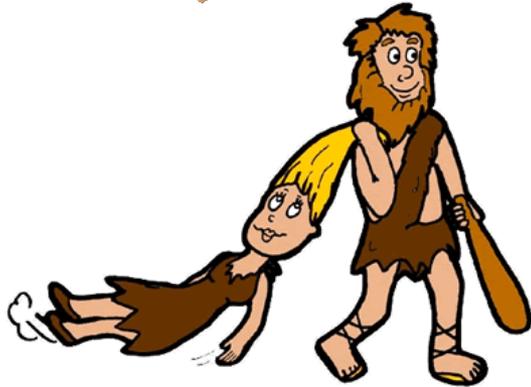




Ego

7

If you want to be with someone. Your id says just take them, but your ego does not want to end up in jail. So you ask her out.

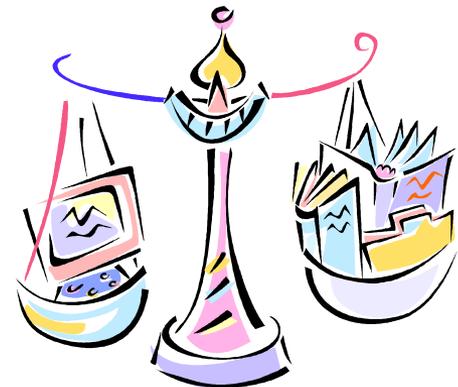


- Develops after the Id
- Works on the *Reality Principle*
- Negotiates between the Id and the environment.
- In our conscious and unconscious minds.
- **It is what everyone sees as our personality.**



Ego 7a

- **Reality principle**
 - Satisfy the Id's desires in ways that are realistic
- Buffer between demands and external world
- Seeks to delay gratification of ID in **realistic ways**
- Mediates between all three (id – superego – ego)



Superego

8

- Develops last at about the age of 5
- It is our conscience (what we think the difference is between right and wrong)
- The Ego often mediates between the superego and id.



Superego 8a

- Tells us right from wrong
- **Moral system** – the conscious
- Forces ego to consider not only reality but standards
- Incorporates morals and values of parents and society



Identification 9

Children cope with threatening feelings by repressing them and by identifying with the rival parent. **Through this process of identification, their superego gains strength that incorporates their parents' values.**



From the K. Vanderveide private collection

This relates to Freud's psychosexual stages to come ... in notes

Review of psychosexual development 9a

- **Freud's belief:**
 - Maladaptive behavior as adults is a **result of unresolved conflicts** that originate in psychosexual stages
- **Id:** pleasure principles
- **Libido:** sexual energy
- **Stages:** interaction of the two

Fixation 10



- A lingering focus of pleasure-seeking energies at an earlier psychosexual stage.
- Where conflicts were unresolved.

Orally fixated people may need to chain smoke or chew gum.
Or denying the dependence by acting tough or being very sarcastic.
Anally fixated people can either be anal expulsive or anal retentive.

- **Oral stage**

- Sexual pleasure: sucking, biting, chewing
- Weaned from bottle/nursing too soon can lead to fixation
 - Excessive drinking
 - Smoking
 - Pencil chewing
 - Gum chewing
 - Excessive eating

- **Anal stage**

- Sexual pleasure: elimination
- Fixation –
 - Messy & disorganized (anal expulsive)
 - Highly controlled, compulsively neat (anal retentive)

- **Phallic stage**

- Seeks genital stimulation
- Incestuous feelings
 - Jealousy/hatred for rival parent (same sex)

- Boys: **Oedipus complex**

- Fear castration by the parent

- Girls: **Electra Complex**

- Penis envy
- Wish to have child with father
- Successful resolution: identification with same sex parent

- **Latency**

- Dormant sexual feelings
- Sexual repression in late childhood

- **Genital stage**

- Maturation of sexual interest

Defense Mechanisms 11



- The **ego** has a pretty important job...and that is to **protect** you from **threatening thoughts** in our **unconscious**.
- One way it protects us is through defense mechanisms.
- You are usually unaware that they are even occurring.

Defense mechanism 11a

- One is not aware one is using one of the defense mechanism
- Ego – responsibility to protect itself



Scenario 12

Quarterback of the high school football team, Brandon, is dating Jasmine.

Jasmine dumps Brandon and starts dating Drew, president of the chess club.



Drew



Brandon



Jasmine

Denial

13



- Not accepting the ego-threatening truth.
- Brandon may act like he is still together with Jasmine. He may hang out by her locker and plan dates with her.

Projection

14



- Believing that the feelings one has toward someone else are actually held by the other person and directed at oneself.
- Brandon insists that Jasmine still cares for him.
- Putting the feelings onto others

Repression 15

- Pushing thoughts into our unconscious.
- When asked about Jasmine, Brandon may say "Who?, I have not thought about her for awhile."
- Why don't we remember our Oedipus and Electra complexes?



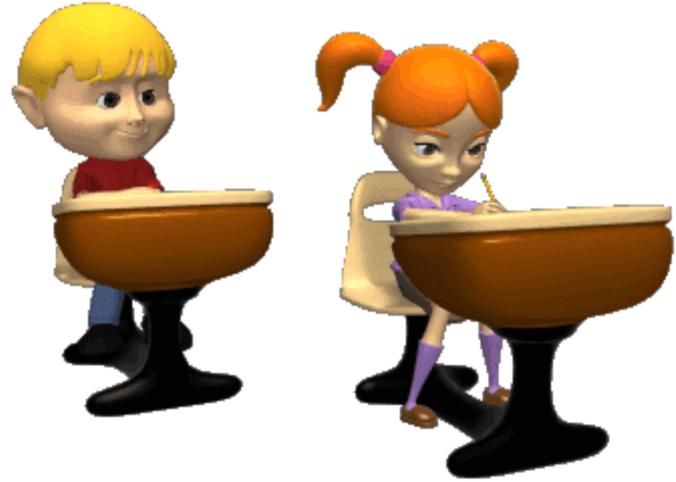
Displacement 16

- Redirecting one's feelings toward another person or object.
- Often displaced on less threatening things.
- Brandon may take his anger on another kid by bullying.
- One may slam the locker ... throw a book..



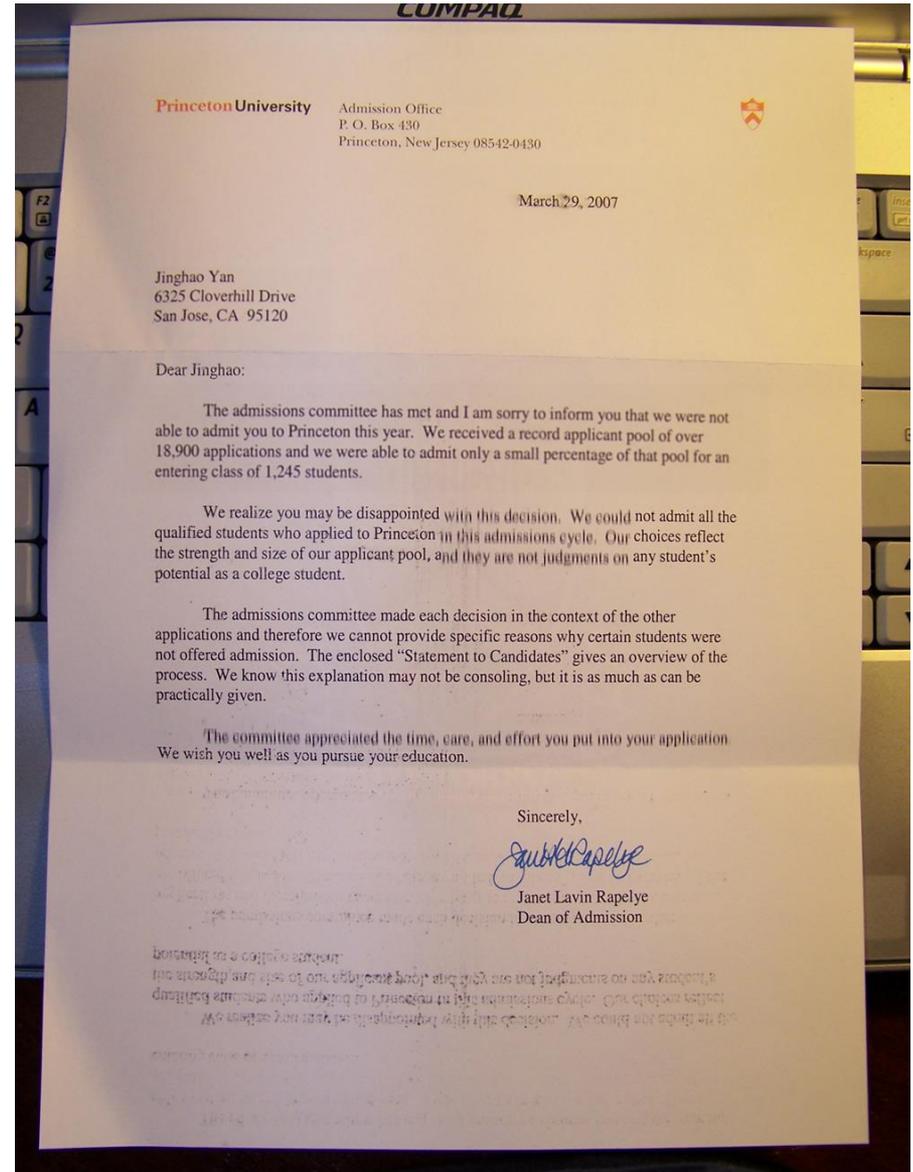
Reaction Formation 17

- Expressing the opposite of how one truly feels.
- Cootie stage in Freud's Latent Development.
- Brandon claims he hates Jasmine. (he really cares for her)



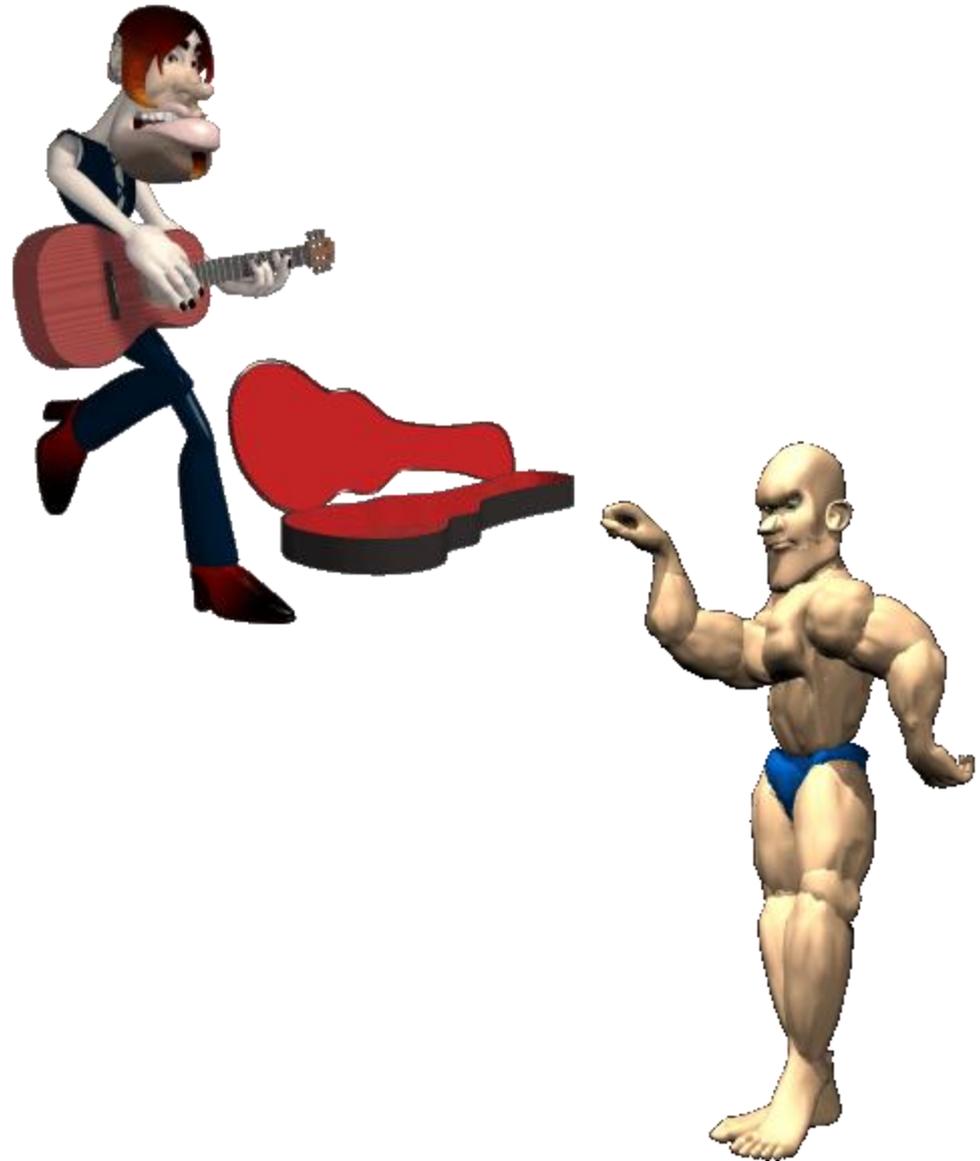
Rationalization 18

- Coming up with a beneficial result of an undesirable outcome.
- Brandon thinks he will find a better girlfriend. "Jasmine was not all that anyway!"
- I really did want to go toanyway, it was too



Sublimation 19

- Channeling one's frustration toward a different goal.
- Sometimes a healthy defense mechanism.
- Brandon starts to learn how to play the guitar and writing songs (or maybe starts to body build).



Regression 20



- Returning to an earlier, comforting form of behavior.
- Brandon begins to sleep with his favorite childhood stuffed animal, Sajalicious.

Intellectualization 21



- Undertaking an academic, unemotional study of a topic.
- Brandon starts doing a research paper on failed teenage romances.

Neo-Freudians 22

- Psychologists that took some premises from Freud and built upon them.

Alfred Adler



Karen Horney



Carl Jung



Carl Jung 23

- Less emphasis on social factors.
- Focused on the unconscious.
- We all have a *collective unconscious*: a shared/inherited well of memory traces from our species history.



Carl Jung 23a

- Two separate unconscious regions of the mind
 - **Personal unconscious**
 - Materials outside of current awareness; includes memories, our complexes that may affect behavior
 - **Collective unconscious**
 - Concept of shared memories
 - Being a Muskrat; “the swamp”
 - **Archetypes**
 - Universal thought forms
 - Concept of **extraversion/introversion**

The Neo-Freudians

Jung believed in the **collective unconscious**, which contained a common reservoir of images derived from our species' past. This is why many **cultures** share certain myths and images such as the mother being a symbol of nurturance.



Archive of the History of American Psychology / University of Akron

Carl Jung (1875-1961)

Alfred Adler 24

- Childhood is important to personality.
- But focus should be on **social** factors- not sexual ones.
- Our behavior is driven by our efforts to conquer inferiority and feel superior.
- **Inferiority Complex**



Adler 24a

- Key ideas:
 - **Inferiority complex**
 - Stemming from inborn feelings of inferiority
 - Everyone has degrees of feeling inferior to others
- Need to remove the feelings of inferiority by **overcompensation**

The Neo-Freudians

Like Freud, Adler believed in childhood tensions. However, these tensions were social in nature and not sexual. A child struggles with an **inferiority complex** during growth and strives for superiority and power.



Alfred Adler (1870-1937)

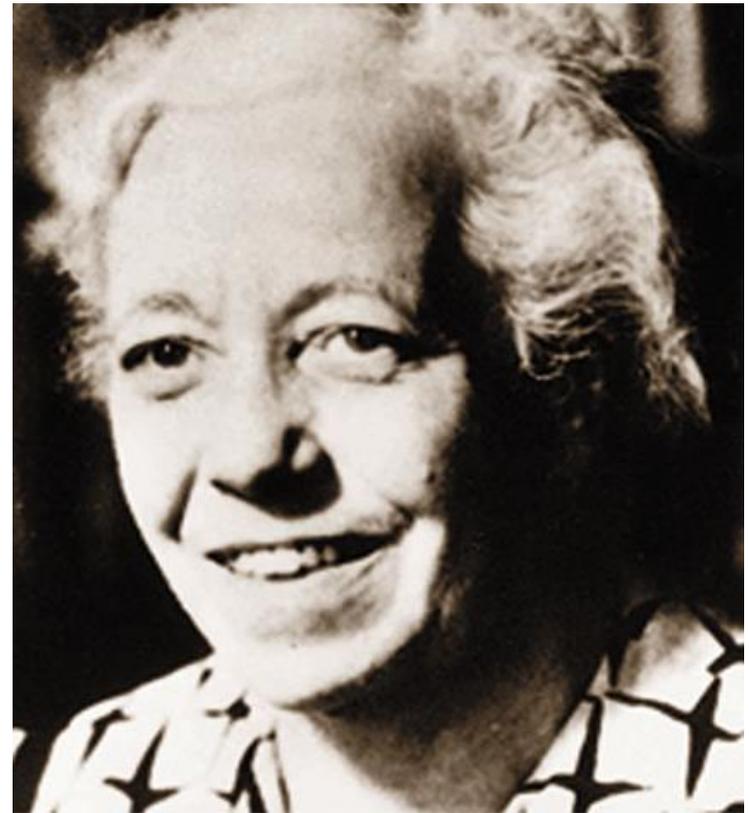
Karen Horney 25



- Childhood anxiety is caused by a **dependent child's feelings of helplessness.**
- Children want security
- This triggers our desire for love and security.
- Fought against Freud's "penis envy" concept.
- Thought men had "womb envy"

The Neo-Freudians

Like Adler, Horney believed in the social aspects of childhood growth and development. She countered Freud's assumption that women have weak superegos and suffer from "penis envy."



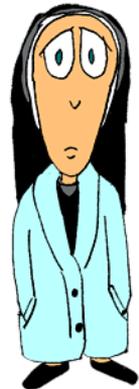
The Bettmann Archive/Corbis

Karen Horney (1885-1952)

Neo-Freudians

Psychodynamic Theories 26

- Eric Erickson
- **Carl Jung** and his concept of the "personal" and "collective" unconscious.
- **Alfred Adler** and his ideas of superiority and inferiority.
- Adler also talked about **birth order** and how it played a part in personality.



Criticisms of Freud 27



- He really only studied wealthy women in Austria.
- His results are not empirically verifiable (really hard to test).
- No predictive power.
- Karen Horney said he was sexist with the "penis envy" and there is an actual "womb envy".

Psychoanalysis Today 28



- Couch sitting
- **Transference** is likely to happen.
- The idea is to delve into your unconscious.
- Pull out **Manifest Content**.
- Then talk about the **Latent Content**.

TAT Test 29

Thematic Apperception Test

- Giving the subject a **picture** that is ambiguous (can have several meanings) and ask them what is occurring.
- Their answers reveal the manifest content.
- They can then discover the Latent Content.
- Also: Inkblot (Rorschach Test)



