* **Chapter 2 Personality, Self-Esteem, and Emotions**
* Personality and Mental Health
* Think about a place you’ve been where you had one person who was the **“life of the party”** and one who sat **quietly on their own**. Why is this? It’s because each one has a different **personality**.
* **Personality** consists of the unique combination of traits that make you an individual. They include **behaviors, attitudes, feelings, and ways of thinking that are characteristics of you**.
* Many researchers use **5 Central Traits** to describe how people behave, relate to others, & react to change: **1) extroversion 2) agreeableness 3) Conscientiousness 4) Emotional Stability 5) Openness to Experiences**
* Describing Personality
* An **extrovert** is a person that is friendly and outgoing?
* An **introvert** is someone who is less outgoing and whose thoughts are directed inward?
* An **optimist** usually focus on the positive side of things? Then you would be considered an
* On the other hand if you look at the negative side of things and always expect the worst you would be a **pessimist.**
* Are you able to stand up for yourself and able to express your feelings in a nonthreatening way? That is **assertive.**
* **Passive** means holding back your feelings and yielding to others.
* **Aggressive** means you communicate your feelings in a forceful or threating way.
* **Psychologists** are people who study the human mind and behavior.
* They often speak of **mental health** – the state of being comfortable with yourself, others, and your surroundings.
* 2 Ways to Form Personality
* How Personality Forms
* **1. Heredity-** all the traits that are passed from parent to child.
* Some personality traits are formed through heredity.
* **2. Environment** is all of the physical & social conditions that surround a person & can influence that person’s health.
* This can be your friends, family, school, and cultural group.
* **Modeling** – means to copy the behavior of others.
* **Peer group** – friends who are about the same age and share the same interests.
* Theories of Personality
* Theory – is an organized set of ideas used to explain something.
* 3 Important Psychologists
* **1. Sigmund Freud**
* **2. Erik Erikson**
* **3. Abraham Maslow**
* Freud
* Studied those who were mentally ill. He concluded the personality was made up of the id, the ego, and the superego.
* **Id** – consists of biological urges
* **Ego** – the thoughtful decision making part of the personality
* **Superego** – part of the personality that right and wrong, or what you may consider your conscience
* **Conscious Thoughts** are those of which a person is aware
* **Unconscious Thoughts** are those of which a person is not aware.
* **Psychoanalysis** – a treatment technique that brings memories into the conscious mind
* Erikson
* **Developed an 8 stage theory of Personality Development**
* 1. Develop Trust
* 2. Learn to be Independent
* 3. Take Initiative
* 4. Develop Skills
* 5. Search for Identity
* 6. Establish Intimacy
* 7. Create and Nurture
* 8. Look Back with Acceptance
* **Identity** – being concerned with who you are and what you want to do with your life
* Maslow
* Theorized that everyone has a basic drive to achieve his or her fullest potential.
* **Self-actualization** – process by which a person strives to be all that they can be
* **Hierarchy of Needs –**
* Self-Esteem
* **Self-esteem** – refers to how much you like yourself and feel good about yourself.
* **Self-esteem plays a role** in many of your daily decisions. Ex. – what you wear, how you interact with people.
* It also has a **direct effect** on all aspects of your health.
* It begins to develop when you are young through the support you receive from family.
* On average, self-esteem **drops in early adolescence, increases gradually during adulthood, and decreases again toward the end of life.**
* Expressing Emotions
* An **emotion** is a feeling, or reaction to a situation that involves a person’s mind, body, and behavior.
* **6 Common Emotions**
* **1. Love**
* **2. Anger**
* **3. Fear**
* **4. Guilt**
* **5. Happiness**
* **6. Sadness**
* **Coping Strategy** – a way of dealing with an uncomfortable or unbearable feeling or situation
* **Defense Mechanisms** are ways people defend themselves against difficult feelings.
* **Common Defense Mechanisms**
* **1. Denial**
* **2. Compensation**
* **3. Rationalization**
* **4. Reaction Formula**
* **5. Projection**
* **6. Regression**
* **Helpful and Harmful Ways of Coping**