

What is personality?

• A person's characteristic way of thinking, feeling, and acting

Sigmund Freud - Psychoanalysis & Psychodynamic Theories

- 1856-1939
- Motivations are attributable to the unconscious
- Your unconscious is full of thoughts most unacceptable
- \bullet We are unaware of those thoughts & their impact on our daily behaviors
- We can discover these unconscious conflicts via psychoanalysis

Freud & Psychoanalysis

- Free association
- Most of our mind is hidden from our conscious thoughts
- Your personality is shaped by conflict between your impulses and the restraints required by your societal expectations

Freud 3-Part Personality Structure

• The mind is like an iceberg - See figure 34.1

- Unconscious mind
- Always striving to meet basic urges pleasure principle
- Response to the real world reality principle
- Tries to gratify the id in ways that are workable in society
- A recognition of how we should behave
- Provides a conscience standards for judgment

Freud's Psychsexual Stages

- Freud believed personality formed during first few years of life
- Id drives pleasure-seeking opportunities assoc. w/"erogenous zones" of the body
- See Table 34.1 pg 456
- Freud believed if you have disruption during any of these stages you can become "fixated"

Freud's Psychsexual Stages

Oedipus Complex (also Electra Complex)

Freud's Defense Mechanisms

- The ego protects itself by distorting reality
 - .

.

- Repression Regression
- Projection
- Rationalization
- Displacement
- Denial
- Reaction formation
 - "Freudian slips" When repressed thoughts seep out into reality

Quiz Yourself:

- Unresolved conflicts during the first three psychosexual stages may lead to: _________
- According to Freud, our defense mechanisms work consciously or unconsciously?
- Defense mechanisms defend us against what?
- Explain the functions of the three part personality structure according to Freud.

Not all of Freud's ideas stuck...

- Neo-Freudians
- Adopted Freud's basic ideas, but typically placed more emphasis on the conscious mind and also doubted the intense significance of sex and aggression in motivation
- Examples: Alfred Adler, Karen Horney, Carl Jung

Not all of Freud's ideas stuck...

- Modern research contradicts much of Freud's theories
- Criticism: not research based/few testable hypotheses
- Biggest criticism: it doesn't do anything to predict behavior, only makes observations after the fact

Not all of Freud's ideas stuck...

- Repression is much more rare than Freud believed
- Remember that the more traumatic or emotional an incident is, the more it is locked into our conscious memories

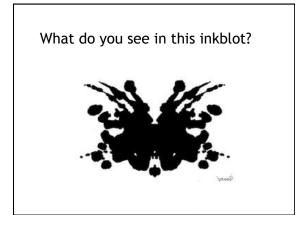
But Freud's influence is significant...

- Drew attention to the unconscious mind
- To our irrational defense mechanisms
- To the significance of sexuality
- To the contradictions in our minds

How can we measure unconscious processes?

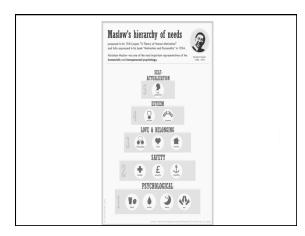
• Projective tests

.



Humanistic Theories

- Humanist Psychologists focus on how "average" people strive for self-determination & self-realization
- Based on self-reported info from the subject



Carl Rogers: Growth Promoting Climate

- Each of us is born primed for fulfillment unless thwarted by a growth-inhibiting climate
- Three conditions of a growth promoting climate
 - Open w/feelings, self-disclosing

•

•

- Unconditional positive regard (accepted even when ppl know our flaws)
- Share and mirror others' feelings

Carl Rogers

• A growth-promoting climate is like water, sun, and nutrients to a tree

Humanists & personality

• Your self-concept is a key feature to your personality

positive place