

# UNIT 7

personality and psychological disorders

# a person's pattern of: THINKING, ACTING, & FEELING

## PERSONALITY

an individual's characteristic pattern of thinking, feeling, and acting

### • characteristics of personality:

- distinctiveness/ uniqueness of character
- enduring behavior patterns, and thus consistency or predictability of character
- organization of individuality; an internal coherence or unified organization of character that embraces the whole person
- RISK = generalizing + providing speculative analysis

### • personality development

- humans are driven by their libido — gets released from different centers @ different times
- parents act as the social coercion to balance the desires from libido (super-ego gives)
- development is the resolution of a series of conflicts

### • psychodynamic theories

→ biological influences

- "behavior is the product of psychological forces w/in the individual, often outside of conscious awareness"

- (1) much of mental life is unconscious
- (2) mental processes act in parallel, leading to conflicting thoughts/feelings
- (3) personality patterns begin in childhood, those experiences affect personality
- (4) mental representations of self/others guide interactions
- (5) the development of personality involves learning to regulate aggressive/sexual feelings as well as become socially independent

### • personality development: deconstructed

→ children cope w/ threatening feelings by repressing them + by identifying w/ the rival parent. Through this process of identification, their super-ego gains strength that incorporates their parents' values.

- would not go outside b/c of fear of being bitten by a horse
- Hans said that he wanted to sleep w/ his mother, be married to her, and have children "just like daddy"
- his parents warned that he continued to play w/ his penis, it would be cut off. he noticed his sister had no "widdler"
- Hans was most afraid of horses w/ black muzzles (beards)
- the phobia started after Hans had "accidentally" knocked a statue of a horse off its stand

freud's  
case  
study: Little Hans

What is psychoanalysis?

+ Freud's Oedipus Complex

psychoanalysis aims to treat emotional disorders by having the patient speak freely.

↳ child loves the parent of the opposite sex and hates same-sex parent.

- Oedipus complex = Electra complex for girls
- occurs around age 3-6 during phallic stage of psychosexual development
- sexually attached to opp. sex parent and increasingly hostile to same sex parent

### • The Electra Complex

- during the phallic stage the daughter becomes attached to her father and more hostile towards her mother
- believes that mom is responsible for her not having a penis
  - ↳ this is due mostly to the idea that the girl is "envious" of her father's penis thus the term: "penis-envy"
- this leads to resentment towards her mother, who the girl believes caused her castration

## personality structure

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

### • structure of the mind

- id
- super-ego
- ego

### • id

- exists entirely in the unconscious (so we are never aware of it)
- our hidden true animalistic wants + desires
- works on the Pleasure Principle
- avoid pain and receive instant gratification

### • ego

- develops after the id
- works on the Reality Principle
- negotiates between the id and the environment
- in our conscious + unconscious minds
- it is what everyone sees as our personality

### • super-ego

- develops last at about age 5
- its our conscience (what we think the difference right/wrong)
- the ego often mediates between the superego and id

\* 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 him/her out as cool as possible.

\* When the Id and superego can't reconcile, the organism employs defense mechanisms

## PSYCHOANALYTIC PERSPECTIVE

defense mechanisms: protection from threatening thoughts in our unconscious

- denial: refusal to acknowledge a painful / threatening reality
- repression: exclude painful thoughts or feelings w/o realizing
- projection: attributing own feelings onto others
- identification: taking on someone else's characteristics
- regression: revert to childlike behavior
- intellectualization: detaching from feelings thru intellectual thinking
- reaction formation: exaggeratedly opp. ideas + emotions
- displacement: redirection of repressed motives / feelings onto substitute subjects

### \* reaction formation

- expressing the opposite of how one truly feels
- "cooie stage" in Freud's Latency Stage

→ Sublimation: transforming repressed motives / feelings into more socially accepted forms

## examples:

(1875-1961)

# Carl Jung

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

- Shared Freud's emphasis on unconscious processes but libido is all life forces not just sexual ones
- Unconscious is positive source strength
- development comes to fruition by middle age
- **personal unconscious**:
  - that part of the unconscious mind containing an individual's repressed thoughts / feelings
- **collective unconscious**
  - the part of the unconscious that is inherited / common to all members of a species.

- hero - courageous: helps you be brave / act courageously
- jester - fun: helps you have a good time
- explorer - discovery: helps you experience new things / independence
- ruler - authority: helps exercise control
- outlaw - rebellion: helps you break rules
- enchantress - sensuality: helps you love / be loved
- innocent - faith: helps you feel optimistic
- caregiver - stability: helps you care for your loved ones
- magician - transformation: transforms the ordinary to extraordinary
- companion - belonging: helps you feel connected and understood
- actress - drama: helps you feel glamorous + stylish
- sage - guidance: helps you learn about yourself + the world

## the archetypes

### ATTITUDE / PERSONALITY TYPES

## extroverts

## introverts