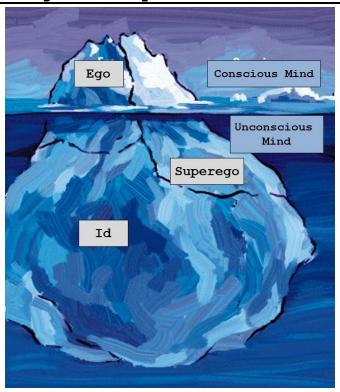
<u>Unit 9 Handout</u> Freud's "Iceberg" Description of the Mind/Personality



Freud's Psychosexual Stages of Development

Psychosexual Stage	<u>Focus</u>
Oral (0-18 Months)	Pleasure centers on the mouth - sucking, biting, chewing
Anal (18-36 Months)	Pleasure focuses on bowel and bladder elimination; Coping with demands for control
Phallic (3-6 Years)	Pleasure zone is the genitals; Coping with incestuous sexual feelings
Latency (6 to Puberty)	Dormant sexual feelings
Genital (Puberty On)	Maturation of sexual interests

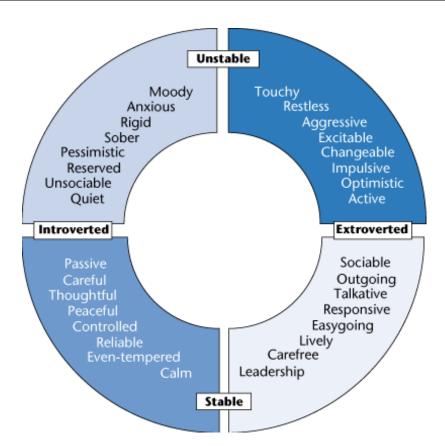
Defense Mechanisms (Freud)

Defense Mechanism	Description	<u>Example</u>	
Denial	Arguing against an anxiety provoking stimuli by stating that it doesn't exist	Denying that your physician's diagnosis of cancer is correct and seeking a second opinion	
Displacement	Taking out impulses on a less threatening target	Slamming a door instead of hitting a person, yelling at your spouse after an argument with your boss	
Intellectualization	Avoiding unacceptable emotions by focusing on the intellectual aspects	Focusing on the details of a funeral as opposed to the sadness and grief	
Projection	Placing unacceptable impulses in yourself onto someone else	When losing an argument, you state "You're stupid"	
Rationalization	Supplying a logical or rational reason as opposed to the real reason	Stating that you were fired because you didn't kiss up to the boss, when the real reason was your performance	

Defense Mechanism	Description	<u>Example</u>
Reaction Formation	Taking the opposite belief because the true belief causes anxiety	Having a bias against a particular race or culture and then embracing that race or culture to the extreme
Regression	Returning to a previous state of development	Sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get
Repression	Pulling into the unconscious	Forgetting sexual abuse from your childhood due to the trauma and anxiety
Sublimation	Acting out unacceptable impulses in a socially acceptable way	Becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy
Suppression	Pushing into the unconscious	Trying to forget something that causes you anxiety

Maslow & Rogers Humanistic Theories of Personality self-Carl Rogers actualization • "Self" morality, creativity, - Each person has this spontaneity, acceptance, experience purpose, - How we see ourselves meaning and inner potential · "Conditions of Worth" - Love and approval based on doing what someone else confidence, achievement, respect of others the need to be a unique individual - Can lead us to deny parts of ourselves love and belonging • "Unconditional Positive Regard" friendship, family, intimacy, sense of connection - Being valued for exactly what you are safety and security health, employment, property, family and social stability · "Fully Functioning" - Not denying who we truly are physiological needs - Fully accepting all of our potential breathing, food, water, shelter, clothing, sleep

Hans Eysenck's Dimensions of Personality



Five-Factor Model of Personality

Trait Dimension	Endpoints of the Dimension		
Conscientiousness	Organized Careful Disciplined	$\overset{\longleftrightarrow}{\longleftrightarrow}$	Disorganized Careless Impulsive
Agreeableness	Soft-hearted Trusting Helpful	$\overset{\longleftrightarrow}{\longleftrightarrow}$	Ruthless Suspicious Uncooperative
Neuroticism (emotional stability vs. instability)	Calm Secure Self-satisfied	$\overset{\longleftrightarrow}{\leftrightarrow}$	Anxious Insecure Self-pitying
O penness	Imaginative Preference for variety Independent	$\overset{\longleftrightarrow}{\leftrightarrow}$	Practical Preference for routine Conforming
Extraversion	Sociable Fun-loving Affectionate	$\overset{\longleftrightarrow}{\leftrightarrow}$	Retiring Sober Reserved

Source: Adapted from McCrae & Costa (1986, p. 1002).