# Personality Notes

## Importance of Personality:

- **Personality** → the combination of characteristics or qualities that form an individual's distinctive

  _____

- **Personality Psychology** → the study of how personality _____
  - One of the largest and most popular branches of psychology
  - Researchers in the area also strive to understand how personality influences out

    _____ and _____

- Unique
  - Personalities make each person _____ and who they are
  - Influences _____ (relationships, way you live, jobs, etc)

- Situations
  - Understanding personalities helps predict how people will _____ to

    certain situations and what they might _____

- **Careers**
  - Many careers need to have a psychological understanding of personalities:
    - _____ → studies and interprets how individuals relate to others

      and their environments
    - _____ & _____ → help

      manage addiction and behavior/mental health conditions
    - _____ Manager → develops programs to enhance

      employee skills and knowledge
    - _____ (or related field) → study personalities to predict reasoning and next

      moves of criminals
  - The need to understand people's personalities is growing
    - **#1** → _____ to understand why some soldiers get PTSD

      and others do not
    - **#2** → _____ designers for self-improvement and motivation apps
    - **#3** → _____ for businesses to help with hiring, employee

      retainment, and marketing

- **Personality Disorders:**
  - Understanding personality psychology helps to understand personality disorders
    - _____ personality disorder → person consistently shows no regard

      for right and wrong, and ignores the rights and feelings of others
    - _____ personality disorder → person has long-term patterns of

      unstable or explosive emotions

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- ■ _____ personality disorder → person has an excessive need to be taken care of and can often manifest as "clinging" behavior or a fear of separation
- ■ _____ personality disorder →  person has patterns of self-centered, arrogant thinking and behavior, and an excessive need for admiration
- ■ _____ personality disorder → person has an obsession with order, perfectionism, control, and specific ways of doing things
- ■ _____ personality disorder → person has consistent pattern of detachment from, and general disinterest in, social relationships
- **REFLECTION:**
  - Why is the study of personality important? _____ _____ _____
  - What career fields study personality? _____ _____
  - Which disorder do you think would be the hardest to personally have? Why? _____ _____ _____

# Personality Theories:

- Some of the best-known theories in psychology are devoted to understanding and explaining how personality develops
  - _____ **Theory**
    - ■ Sigmund _____ suggested that personality develops through a series of five psychosexual stages
      - At each stage, the energy of the _____ (primal, instinctual part of personality) is focused on a specific area of the _____
      - Freud believed that early childhood _____ play an important role in formation of personality
        - Personality was mostly established by age of _____
  - _____ **Theory**
    - ■ Erik _____ suggested that personality develops through a series of psychosocial stages
      - At each stage, people face a developmental _____ that plays a role in developing psychological virtues
        - Successfully navigating these stages and conflicts leads to forming _____ personalities
    - ● Erikson believed personality continue to develop _____

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- ○ _____ **Theory**
  - ■ Perspective that stresses the positive side of _____
    - ● Maslow's hierarchy of needs suggests that humans are _____ to reach a state of self-actualization marked by a coherent, cohesive personality
    - ● Carl Rogers believed that when a person's perceived self and ideal self are _____, it's a sign of a healthy personality
- ○ _____ **Theory**
  - ■ Suggests that personality comprises _____ different traits or broad dispositions
    - ● There are many trait theories, but the _____ theory is most accepted
      - ○ Suggests that personality is made up of five broad dimensions
        - ■ Agreeableness, conscientiousness, _____, neuroticism, and _____
        - ■ Each trait is a continuum, so you can be high, low, or somewhere in the middle of each trait
- **REFLECTION:**
  - ○ Which personality theory do you find the most interesting? Why? _____ _____ _____
  - ○ Which theory do you think is the best theory in terms of studying personality? Why? _____ _____ _____

# Personality Types:

- ● There are a number of ways to measure and assess personality
- ● Some of these measurements are _____, inventories, and assessments that may be used for a variety of purposes
  - ○ Assess psychological _____
  - ○ _____ screening
  - ○ _____ assessments to find out more about yourself
    - ■ Many lack scientific support and are too simple to describe a personality
- **Assessments:**
  - ○ These are the widely used assessments in a variety of settings
    - ■ _____ (MBTI) → frequently used as a pre-employment screening assessments
      - ● Has _____ different personality types

# Personality Notes

- Gives personality _____ on how different personalities approach romantic relationships, career choices, friendships, and more
  - _____ → shows you which of the 9 personality types suits you best
    - Gives personality descriptions and profiles for the _____ types of personalities
  - _____ → self-assessment that divides people into four temperaments
    - Provides _____ on who you are, what you do, who you love, and what difference you make
    - Gives statistics, descriptions, and breakdowns of each temperament
- **REFLECTION:**
  - Which personality assessment do you think would be the best? Why? _____ _____ _____
  - Which assessment do you think would not work the best? Why? _____ _____ _____

# Videos

**Personality Disorders:**

- [Antisocial](#)
- [Borderline](#)
- [Dependent](#)

- [Narcissistic](#)
- [Obsessive-Compulsive](#)
- [Schizoid](#)

**Theories:**

- [Psychosexual](#)
- [Psychosocial](#)

- [Humanistic](#)
- [Trait - Big 5](#)

# Assessments

[Myers-Briggs Type](#)

- [Personalities](#)

[Enneagram](#)

- [Personalities](#)

[Keirsey Temperament](#)

[Gallup Clifton Strengths](#)

[DiSC Personality](#)

[Big 5 Personality](#)

[True Colours](#)