



Hold on to your
hat...

Don't
miss
class
this
week...

Ouch.

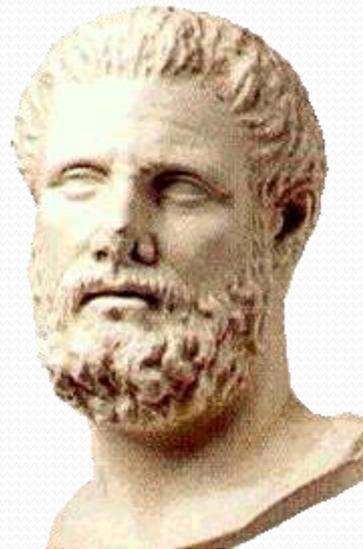


There is a ton of
information
coming at ya!!

1 TON

Hippocrates

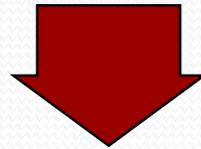
- Believed our personality is based on 4 "humours" or bodily fluids (blood, phlegm, cholera, black bile)
- If the 4 humours are balanced, one is "healthy". If they are not, one is "unhealthy".



Personality

"A person's pattern of thinking, feeling and acting."

Four major perspectives on Personality



Psychoanalytic - unconscious motivations

Humanistic - inner capacity for growth

Trait - specific dimensions of personality

Social-Cognitive - influence of environment



Psychoanalytic Perspective

"first comprehensive theory of personality"



Sigmund Freud

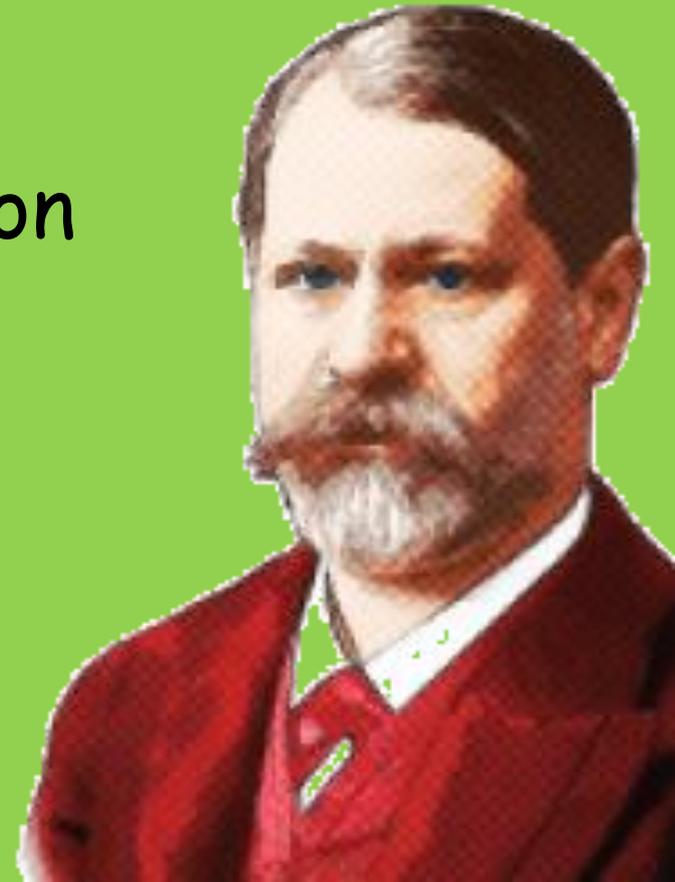
(1856-1939)



- Sigmund Freud (1856-1939) started his career as a Vienna physician.
- He decided to explore how mental and physical symptoms could be caused by purely psychological factors.
- He became aware that many powerful mental processes operate in the **unconscious**, *without our awareness*.
- This insight grew into a theory of the structure of human personality and its development.
- His name for his theory and his therapeutic technique: **psychoanalysis**.

Fundamental Assumptions of Psychoanalytic Theory

- The Basic Instincts
- Unconscious Motivation
- Psychic Determinism
- Energy Model



Fundamental Assumptions of Psychoanalytic Theory

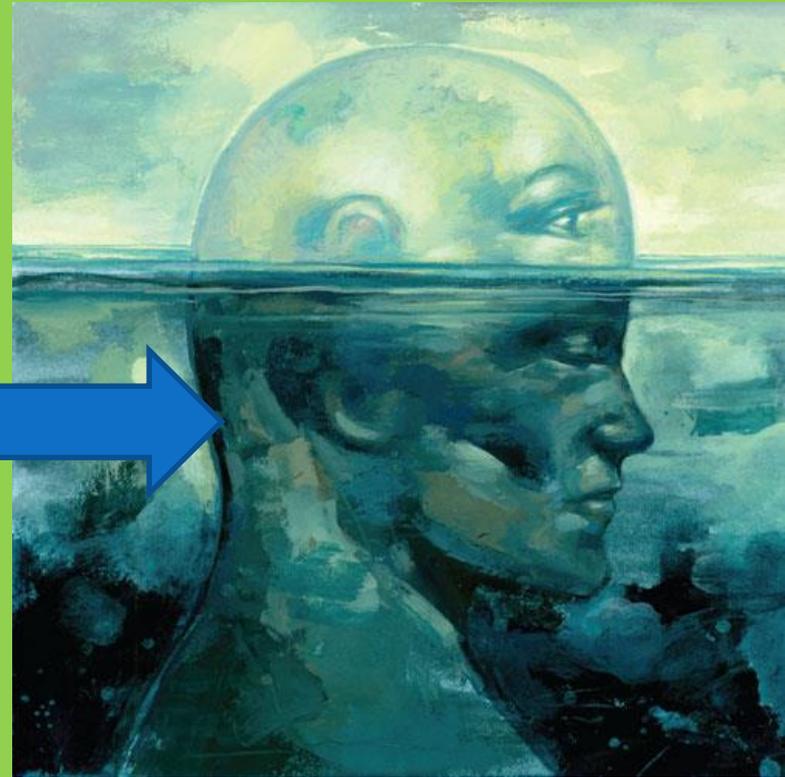
The Basic Instincts: Sex and Aggression

- Closely follows Darwin's theory of survival of fittest.
- Freud believed that everything humans do can be understood as manifestations of the life and death instincts
- Later termed libido (life) and thanatos (death)

Fundamental Assumptions of Psychoanalytic Theory

Unconscious Motivation

- Individuals control their sexual and aggressive urges by placing them in the unconscious.
- These take on a life of their own and become the motivated unconscious, driving our thoughts and behaviors.



Fundamental Assumptions of Psychoanalytic Theory

Psychic Determinism

- Nothing happens by chance or accident
- Everything we do, think, say, and feel is an expression of our mind.
(This is why he is all about the unconscious)

Slips of the tongue (parapraxes)

- ❧ "A Freudian slip is like saying one thing, but meaning your mother."
- ❧ A verbal or memory mistake that is believed to be linked to the unconscious mind. These slips supposedly reveal the real secret thoughts and feelings that people hold.
- ❧ A man accidentally calling his wife by the name of another woman, seem to represent relatively clear cases of Freudian slips.





"Good morning, beheaded—uh, I mean beloved."

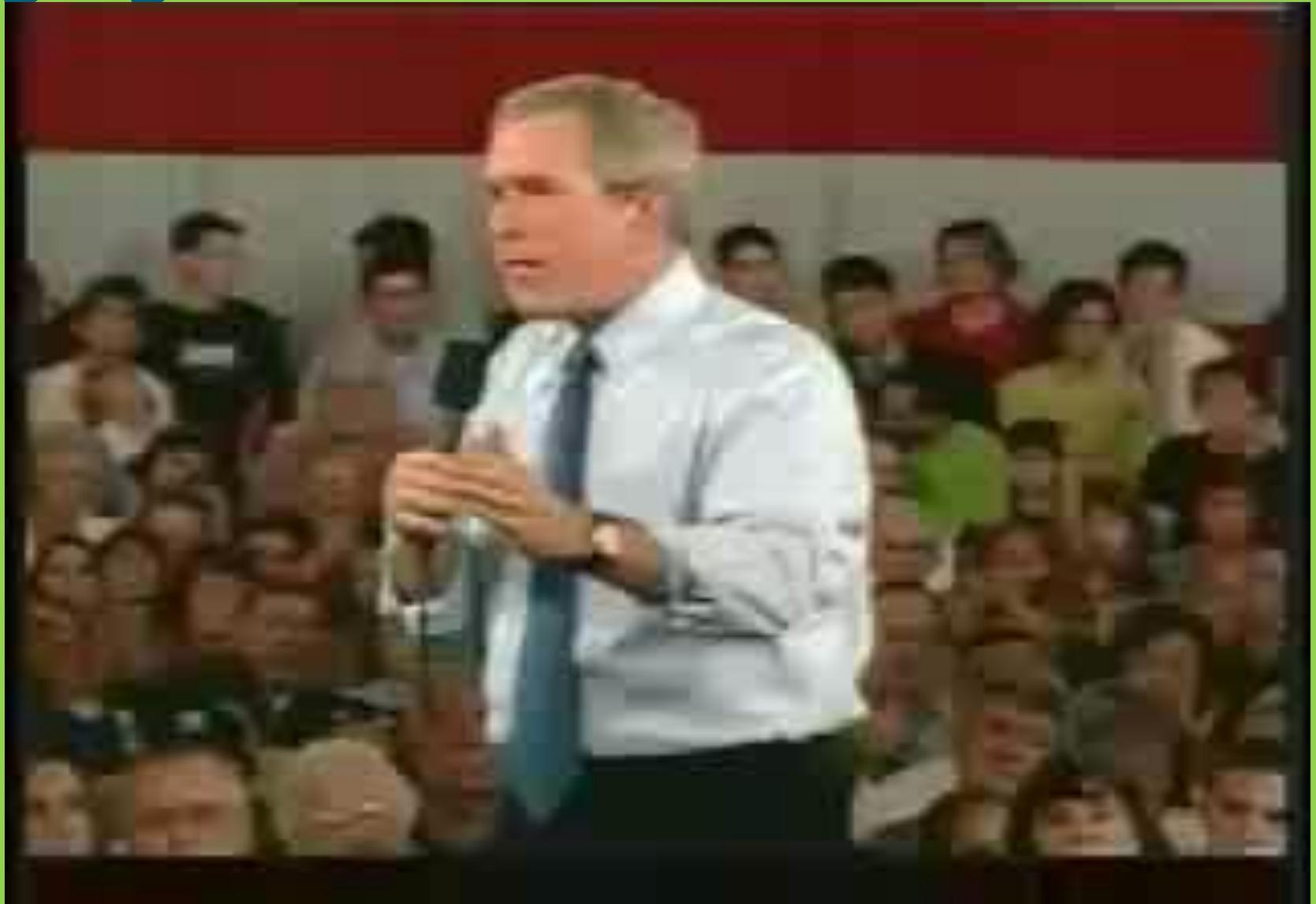
Oops... Did I just say that?
Paging Dr. Freud!



Oops... Did I just say that?
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Oops... Did I just say that?
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Fundamental Assumptions of Psychoanalytic Theory

Energy Model

- Humans are viewed as energy systems
- Hydraulic model. Energy transformed but not destroyed

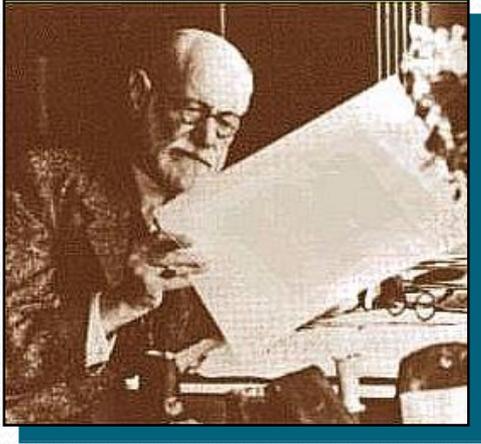
Pressure
Motivation
(cathexis)

*Catharsis: the
process of releasing,
and thereby
providing relief from,
strong or repressed
emotions.*

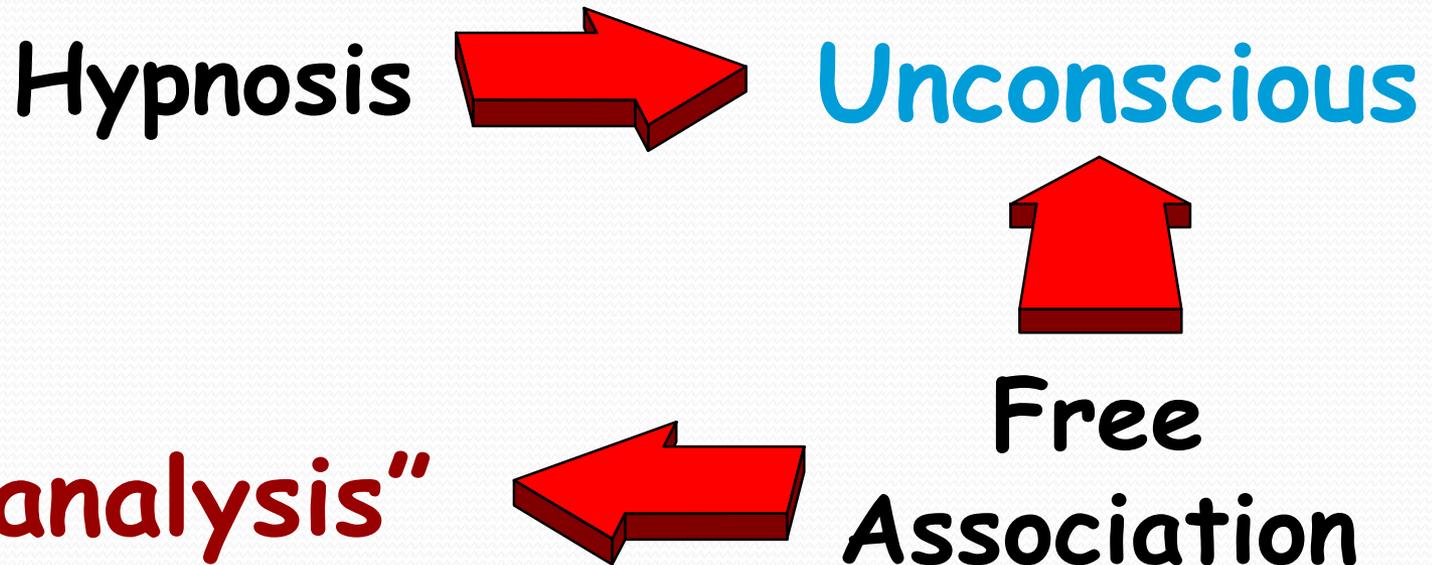
Behavior
(catharsis)

Psychoanalytic Perspective

"first comprehensive theory of personality"



Q: What caused neurological symptoms in patients with no neurological problems?



Psychoanalysis

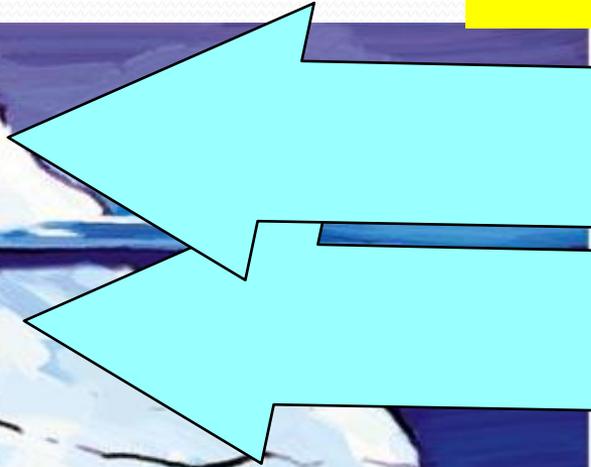
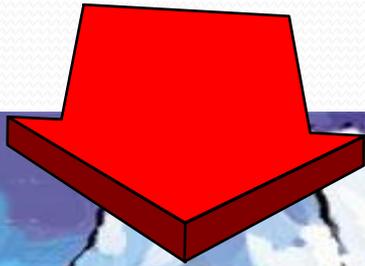
- The process of free association (chain of thoughts) leading to painful, embarrassing unconscious memories.
- Once these memories are retrieved and released the patient feels better.
- Which he referred to as???????



Model of Mind

Conscious Awareness

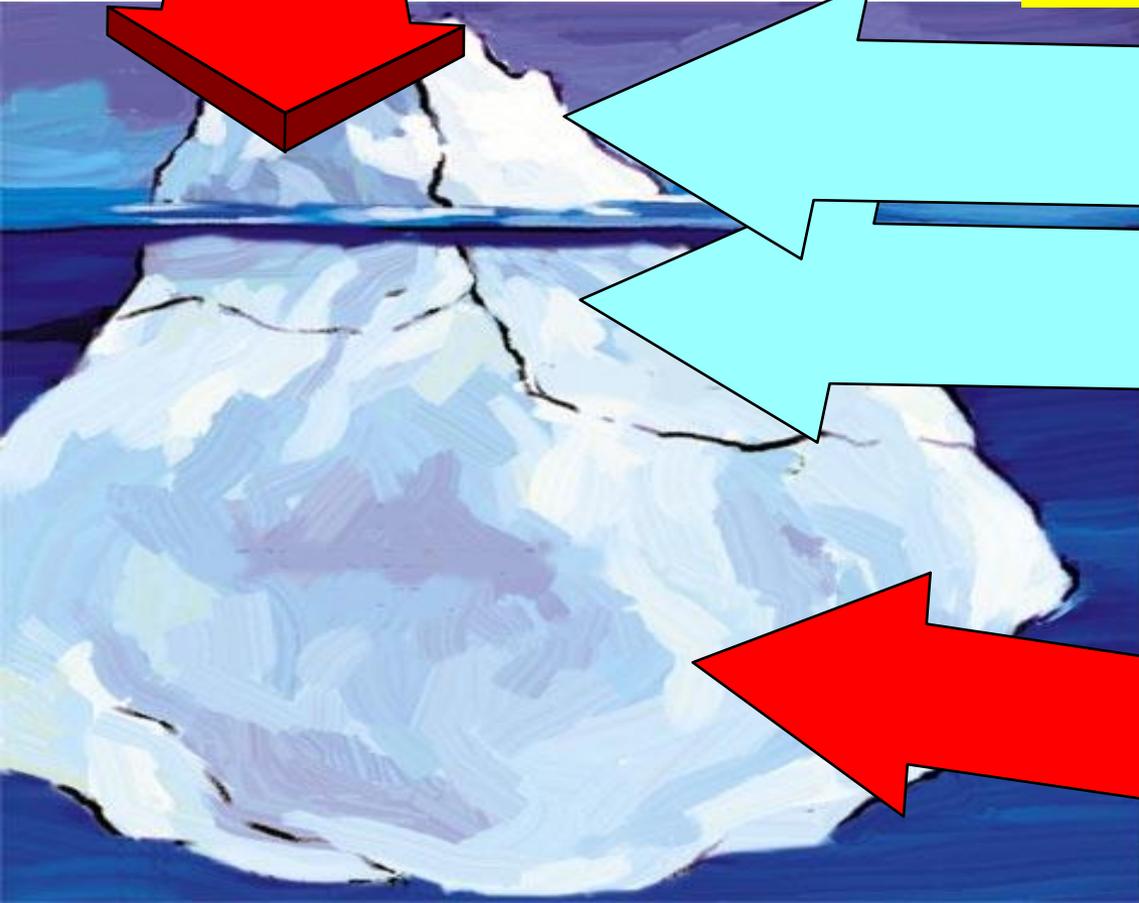
small part above surface



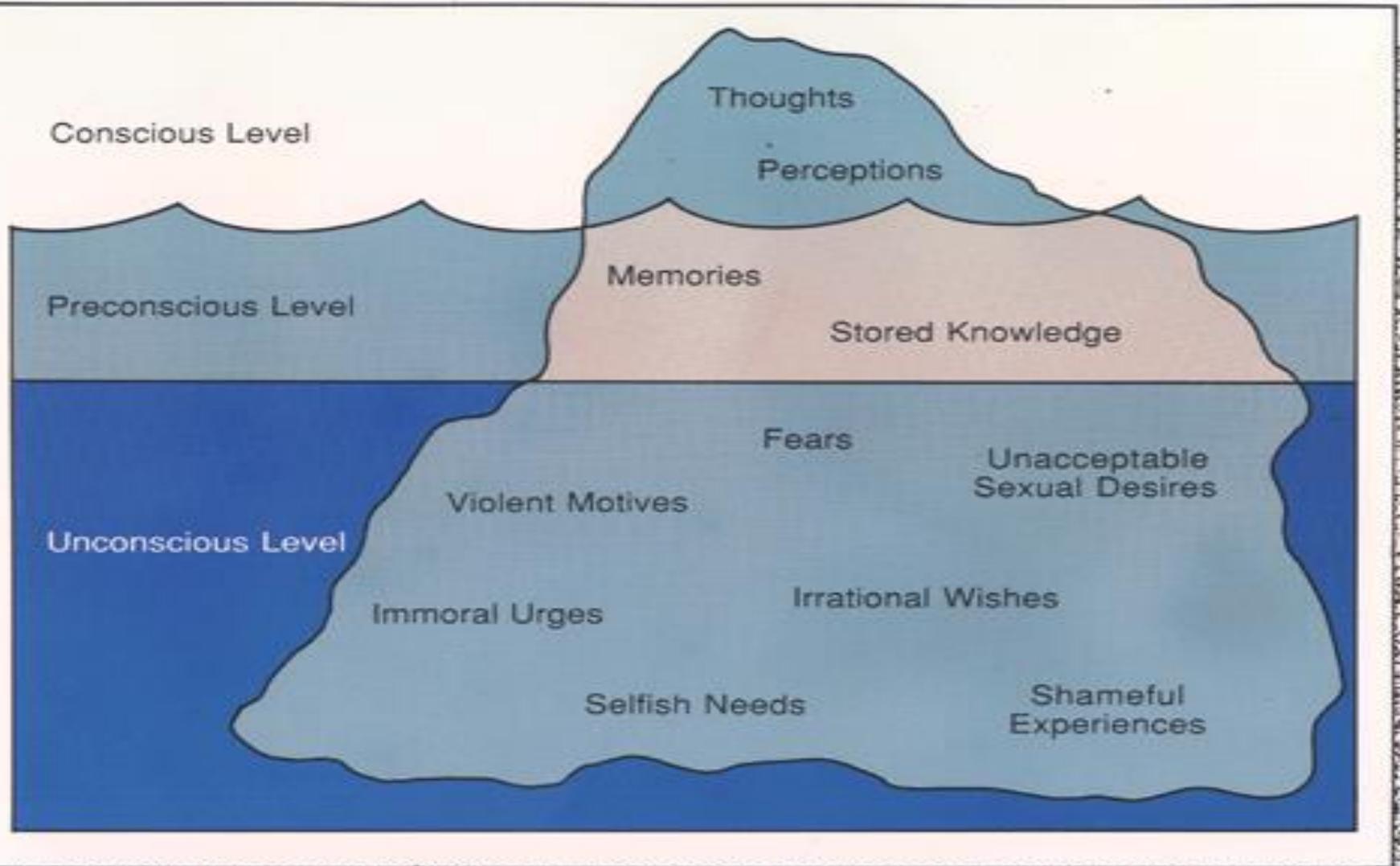
Repression
banishing unacceptable
thoughts & passions to
unconscious
Dreams & Slips

Preconscious
Outside
awareness, but
accessible

Unconscious
below the surface
(thoughts, feelings,
wishes, memories)



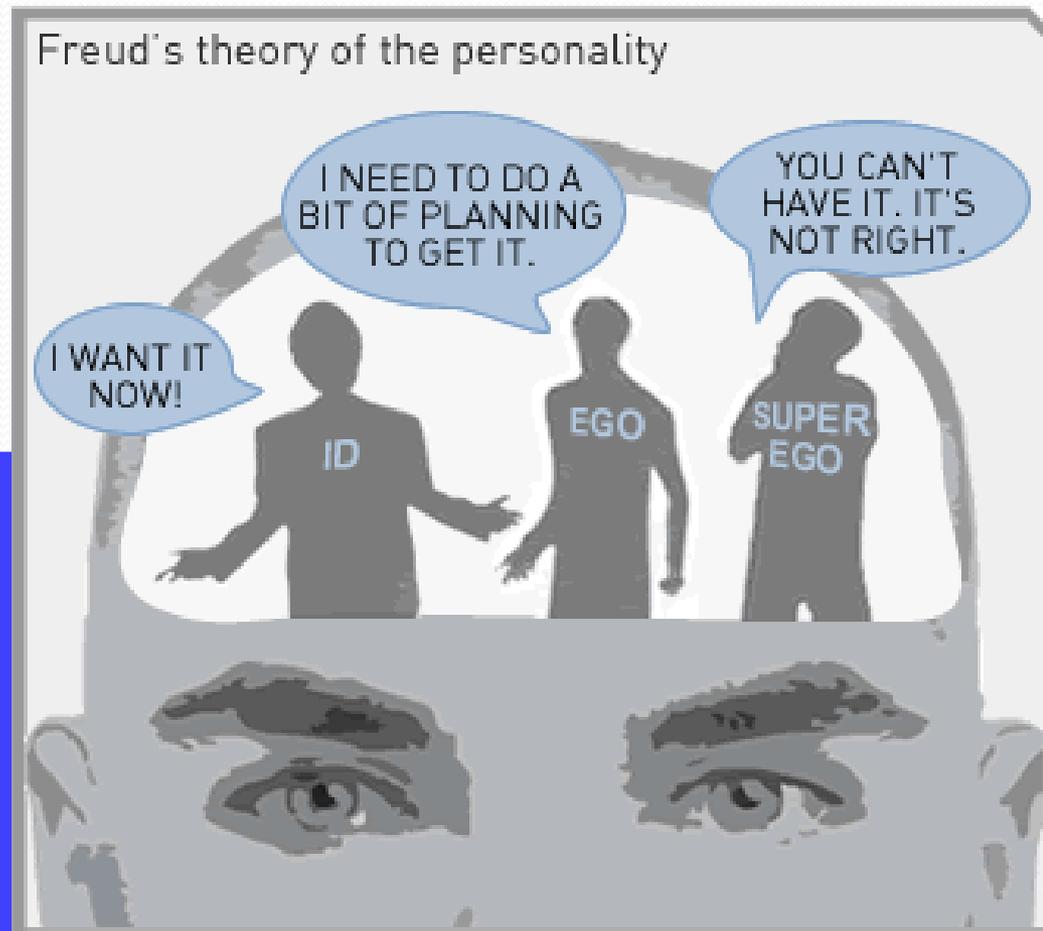
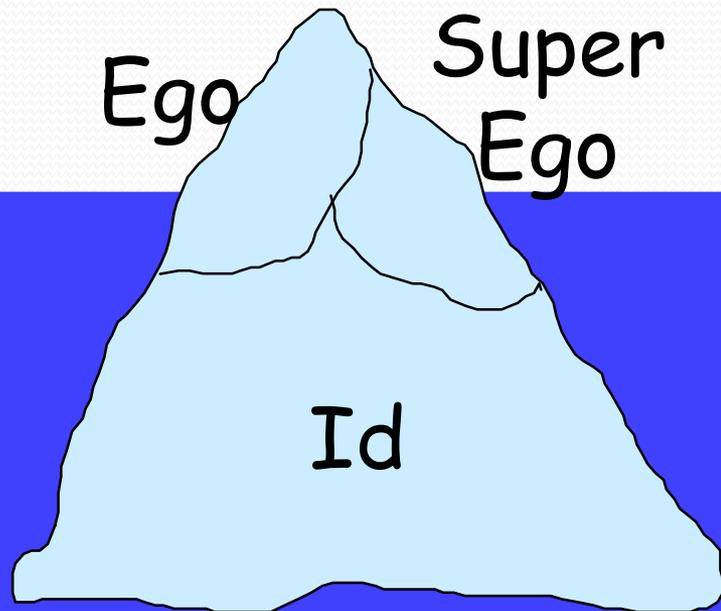
PERS 5 Freud's View of the Human Mind: The Mental Iceberg



Freud & Personality Structure

"Personality arises from conflict twixt aggressive, pleasure-seeking impulses and social restraints"

Id/Superego
measures as
strong/weak



The Structure of Personality

The Id - Reservoir of Psychic Energy (from birth)

- Most primitive part of the mind; what we are born with
- Source of all drives and urges
- Operates according to the pleasure principle and primary process thinking



Michael
Scott:
Childish and
impulsive

The Structure of Personality

The Ego- Executive of Personality (toddler)

- The part of the mind that constrains the id to reality
- Develops around 2-3 years of age
- Operates according to the reality principle and secondary process thinking
- Mediates between id, superego, and environment



Jim Halpert:
Sensible and balanced; caring yet rational; drives the office forward

The Structure of Personality

The Superego- Upholder of Values and Ideals (4 or 5 yrs)

- The part of the mind that internalizes the values, morals, and ideals of society
- Develops around age 5
- Not bound by reality

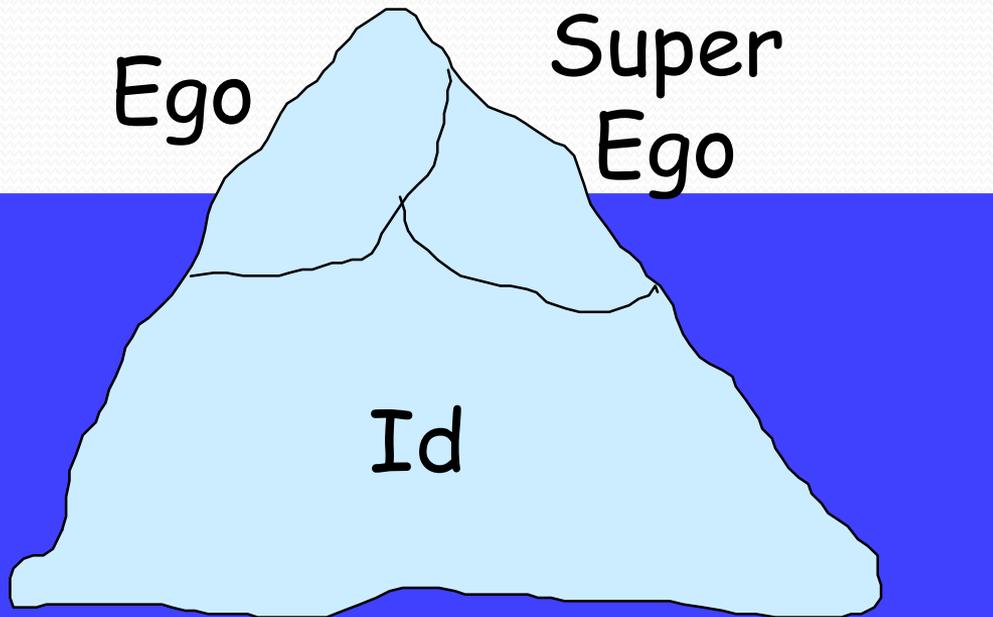


Dwight Schrute:
Moralistic and
critical

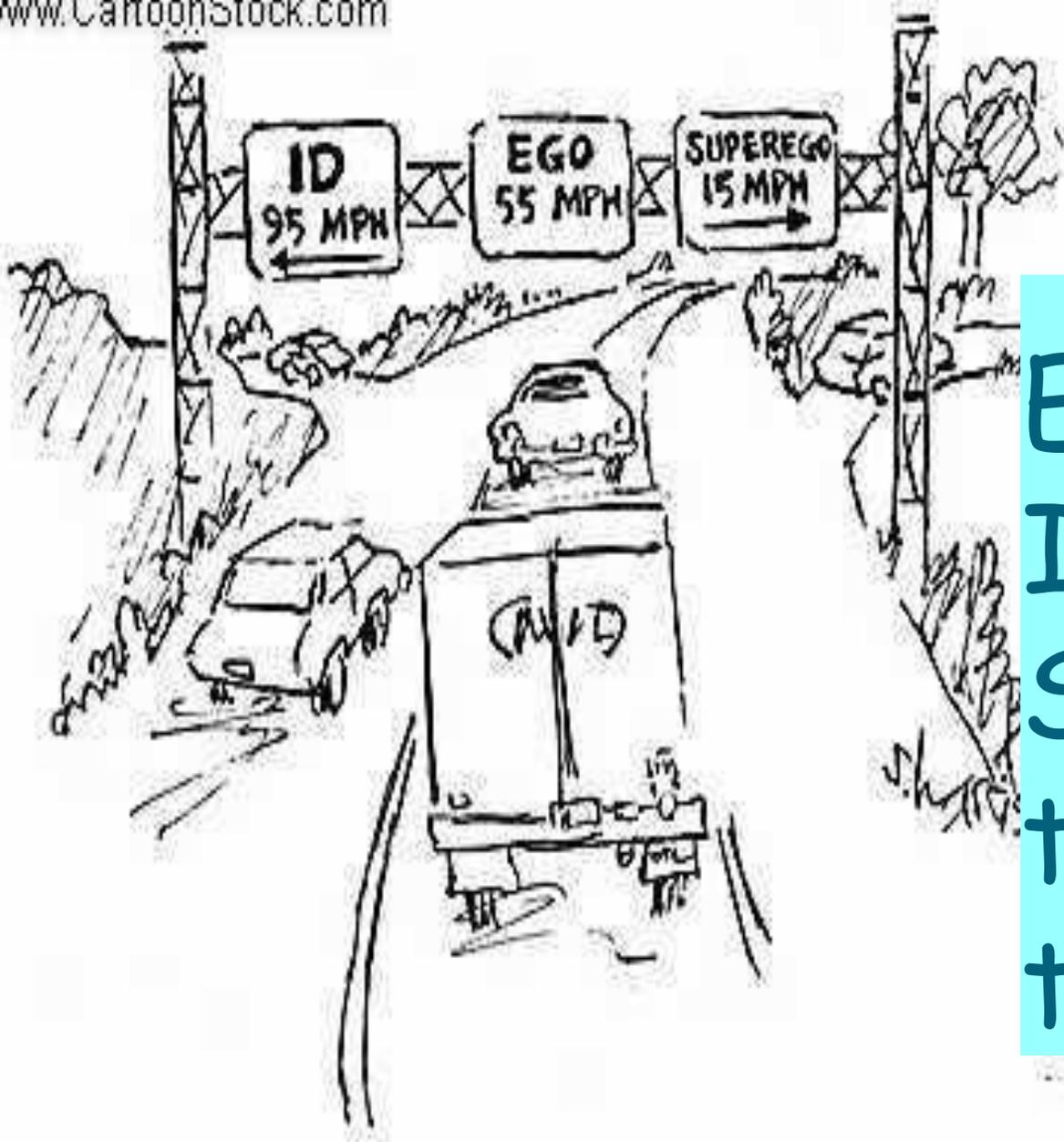
Freud & Personality Structure

Id - energy constantly striving to satisfy basic drives
Pleasure Principle

Ego - seeks to gratify the Id in realistic ways
Reality Principle



Super Ego
- voice of conscience
that focuses on how
we *ought* to behave



Explain the
Id, Ego and
Superego
theory using
this comic