

personality	id
free association	ego
psychoanalysis	superego
unconscious	psychosexual stages
identification	Oedipus complex

<p>contains a reservoir of unconscious psychic energy that strives to satisfy basic sexual and aggressive drives. Ex: pleasure (non-realistic)</p>	<p>an individual's characteristic pattern of thinking, feeling, and acting. Ex: distinctiveness and consistency</p>
<p>the largely conscious "executive" part of personality that mediates among the demands of the id, superego, and reality Ex: realistically satisfying id's (unrealistic pleasure) desires</p>	<p>in psychoanalysis, a method of exploring the unconscious in which the person relaxes and says whatever comes to mind, no matter how trivial or embarrassing. Ex: painful memories of childhood</p>
<p>the part of personality that represents internalized ideals and provides standards for judgement and for future aspirations Ex:the ideal (a person who is virtuous but ironically guilt-ridden)</p>	<p>Freud's theory of personality that attributes thoughts and actions to unconscious motives and conflicts; the techniques used in treating psychological disorders by seeking to expose and interpret unconscious tensions. Ex: therapy</p>
<p>childhood stages of developmental (oral, anal, phallic, latency, genital) during which the id's pleasure-seeking energies focus on distinct erogenous</p>	<p>a reservoir of mostly unacceptable thoughts, wishes, feelings, and memories. Ex: Information processing of which we are unaware.</p>
<p>a boy's sexual desires towards his mother and feelings of jealousy and hatred for the rival father EX: Greek legend Oedipus killed his father and married his mother</p>	<p>the process by which children incorporate their parents' values into developing superegos EX: a daughter wanting to be just like Mom</p>

fixation	reaction formation
defense mechanism	projection
repression	rationalization
regression	displacement
projective test	collective unconscious

<p>defense mechanism by which the ego unconsciously switches unacceptable impulses into their opposites. EX: "I hate him" becomes "I love him"</p>	<p>a lingering focus of pleasure-seeking energies at an earlier psychosexual stage, in which conflicts were unresolved Ex: When a child is weaned too early he/she will experience fixation during oral stage</p>
<p>defense mechanism by which people disguise their own threatening impulses by attributing them to others EX: "He doesn't trust me" goes to "I don't trust myself" or "I don't trust him"</p>	<p>the ego's protective methods of reducing anxiety by unconsciously distorting reality EX: Repression, Regression, Reaction Formation, Projection, Rationalization, Displacement</p>
<p>defense mechanism that offers self-justifying explanations in place of the real, more threatening, unconscious reasons for one's actions EX: heavy drinkers say they drink with their friends "to be sociable"</p>	<p>the basic defense mechanism that banishes anxiety-arousing thoughts, feelings, and memories from consciousness EX: Not remembering the lust for parent of the opposite sex</p>
<p>defense mechanism that shifts sexual or aggressive impulses toward a more acceptable or less threatening object or person, as when redirecting anger toward a safer outlet EX: Children who fear expressing anger toward parent instead takes it out on a pet</p>	<p>a defense mechanism in which an individual faced with anxiety retreats to a more infantile psychosexual stage, where some psychic energy remains fixated EX: When a child goes to the first day of school may suck his/her thumb</p>
<p>Carl Jung's concept of a shared, inherited reservoir of memory traces from our species' history.</p>	<p>a personality test that provides ambiguous stimuli designed to trigger projection of one's inner dynamics EX: Rorschach, TAT tests</p>

Rorsharch inkblot test	self-concept
terror-management theory	trait
self-actualization	personality inventory
unconditional positive regard	Minnesota Multiphasic Personality Inventory (MMPI)
social-cognitive perspective	empirically derived test

<p>all our thoughts and feelings about ourselves EX: "Who am I?"</p>	<p>the most widely used projective test, a set of 10 inkblots, designed by Hermann Roschach; seeks to identify people's inner feelings by analyzing their interpretations of the blots</p>
<p>a characteristic pattern of behavior or a disposition to feel and act, as assessed by self-report inventories and peer reports EX: unemotional</p>	<p>proposes that faith in one's worldview and the pursuit of self-esteem provide protection against a deeply rooted fear of death EX: Writing an essay about dying and the emotions associated with it.</p>
<p>a questionnaire (true-false or agree-disagree) on which people respond to items designed to gauge a wide range of feelings and behaviors</p>	<p>According to Maslow, the ultimate psychological need that arises after basic physical and psychological needs are met and self-esteem is achieved; the motivation to fulfill one's potential. EX: Hierarchy of Needs</p>
<p>the most widely researched and clinically used of all personality tests. Developed to identify emotional disorders.</p>	<p>according to Rogers, an attitude of total acceptance toward another person. EX: In a good marriage, a close family, we are free to be spontaneous without fearing the loss of others' esteem.</p>
<p>a test developed by testing a pool of items and then selecting those that discriminate between groups</p>	<p>views behavior as influenced by the interaction between persons and their social context</p>

reciprocal determinism	learned helplessness
personal control	spotlight effect
external locus of control	self-esteem
internal locus of control	self-serving bias

<p>the hoplessness and passive resignation an animal or human learns when unable to avoid repeated aversive events.</p>	<p>the interacting influences between personality and enviromental factors</p>
<p>overestimating others' noticing and evaluating our appearance performance, and blunders EX: acting as though a spotlight is on you</p>	<p>our sense of controlling our enviroment rather than feeling helpless</p>
<p>one's feelings of high or low self-worth</p>	<p>the perception that chance or outside forces beyond one's personal control detirmine one's fate.</p>
<p>a readiness to percieve oneself favorably</p>	<p>the perception that one controls one's own fate</p>

