Chapter 2 Guided Notes

2.1 Personality

Personality	/ consists of the,				
	, and that make you a	in			
individual.					
The five ce	ntral traits that describe personality are:				
1.	how much you like being with other people. An extrovert tend	ls to			
	be and				
2.	Agreeableness – describes				
3.	Conscientiousness – describes how and				
01	you are. These people tend to be				
	and make good	-			
4.	people who are emotionally stable tend to) be			
	relaxed, secure, and calm, even in difficult situations.				
5.	Openness to new experiences – people who are open to new experiences tend to be				
	, and,				
How per	rsonality forms – Nature vs. Nurture?				
Nature ref	ers to				
Nurture re	fers to				
	nality traits are influenced by a combination of and				
M	odeling				
<u>Pe</u>	er group				

Stages of Personality Development

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

<u>Identity</u> – _____

2.2 Self-Esteem

Self-esteem refers to how much you ______ and _____ yourself.

Benefits of high self-esteem

- •
- •
- •
- •

Risks of low self-esteem

- •
- •
- •
- •

_____•

On average, self-esteem ______ in early adolescence, increases during ______ and then decreases again toward the

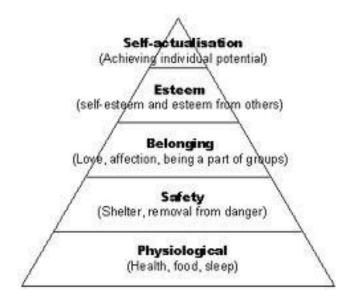
List methods to improve your self-esteem: (p.39 in book)

Method	Example

Achieving Your Potential

Self-actualization – The process by which people _____

Maslow's Hierarchy of Needs: basic needs that need to be met before a person can reach selfactualization.



2.3 Expressing Your Emotions

Emotion=

	= are expressed similarly by people in all cultures.	
Examples:		
	=are expressed differently depending on the social environment.	
Examples:		

Coping Strategy=

©Coping strategies are *helpful* when they allow a person to handle a situation in a better way.

⊖Coping strategies are *harmful* when they make a person less able to handle a situation.

Defense Mechanism=

- They are coping strategies that help you
- Helpful ways of coping:
 Harmful ways of coping:

13 Commonly Used Defense Mechanisms

Defense Mechanism	Description	Example
Daydreaming		During an exciting health lesson, you are thinking about what you are going to do after school and miss information for an important quiz
Denial		You have been told your parents are getting a divorce, but you act as if there is nothing wrong
Displacement		Yelling at your parent after an argument with your friend

Defense Mechanism	Description	Example
		You are failing 2 classes in
Compensation		school, so you compensate by
		becoming the star basketball
		player
		Focusing on the details of a
Intellectualism		funeral as opposed to the
		sadness and grief
		When losing an argument, you
Projection		say "You're just stupid"
		Stating that you were fired
Rationalization		because you didn't kiss up to the
		boss, when the real season was
		your poor performance
		You are feeling guilty for
Reaction Formation		bullying someone at school, so
		you cover up your feelings by
		bragging about it
		You are angry at your parents
Regression		for giving you an earlier curfew
		than your friends, so you scream
		and run into your room
		throwing a tantrum
		A child who is abused by a
Repression		parent later has no recollection
		of the events, but has trouble
		forming relationships
		Trying to forget an
Suppression		embarrassing event that causes
		you anxiety
		Becoming a surgeon because of
Sublimation		your desire to cut or lifting
		weights to release 'pent up'
		energy
		No longer surrounding yourself
Withdrawal		with people for the fear of them
		asking questions about a
		traumatic event