

# Chapter 2 Guided Notes

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## 2.1 Personality

Personality consists of the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ that make you an individual.

The five central traits that describe personality are:

1. \_\_\_\_\_ - how much you like being with other people. An extrovert tends to be \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
2. **Agreeableness** – describes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. **Conscientiousness** – describes how \_\_\_\_\_ and \_\_\_\_\_ - \_\_\_\_\_ 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 personality forms – Nature vs. Nurture?

Nature refers to

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Nurture refers to

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Your personality traits are influenced by a combination of \_\_\_\_\_ and \_\_\_\_\_.

**Modeling** - \_\_\_\_\_

**Peer group** - \_\_\_\_\_

## Stages of Personality Development

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

**Identity** – \_\_\_\_\_

## 2.2 Self-Esteem

**Self-esteem** refers to how much you \_\_\_\_\_ and \_\_\_\_\_ yourself.

Benefits of high self-esteem

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Risks of low self-esteem

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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 self-actualization.



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

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