Section 2.1 Personality

A. Describing Personality: behaviors, attitudes, feelings, & ways thinking. 5 central traits describe how people behave, relate to others, and react to change:

- Extroversion- how much you like being with other people
- Agreeableness- ability to relate to people in a friendly way
- Conscientiousness- responsible and self-disciplined
- Emotional Stability- relaxed, secure, calm even in difficult situations
- Openness to Experiences- curious, imaginative, and creative

B. How Personality Forms: Nature vs Nuture

- Heredity
  - Studying identical twins show that some traits and talents can be inherited
- Environment:
  - Family - copy the behaviors of others (modeling)
  - Friends- peers influence behaviors and interests
  - Culture- value some personality traits, while discouraging others

C. Stages of Personality Development: According to psychologist, Erik Erikson, your personality develops throughout life as people meet a series of challenges.

1. Develop Trust (Birth to 1.5 years)
2. Learn to be Independent (1.5 years - 3 years)
3. Take Initiative (3 - 6)
4. Develop Skills (6 - 12)
5. Search for Identity (12 - 20)
6. Establish Intimacy (20 - 40)
7. Create and Nurture (40 - 65)
8. Look Back with Acceptance (65+)

Section 2.2 Self-Esteem

A. Self-Esteem and Your Health: How much do you respect yourself and like yourself?

- Benefits of High Self-Esteem
  - More likely to eat well, exercise regularly, avoid risky behaviors, set goals for yourself, ask for help when needed, bounce back from setbacks
- Risks of a Low Self-Esteem
  - More likely to use drugs, drop out of school, become pregnant, suffer from eating disorders, engage in violence

B. How Self-Esteem Develops

- Increases during CHILDHOOD if there is support and encouragement
- Drops during ADOLESCENCE when teens start comparing themselves to others and are influenced more by the media
- Increases again in ADULTHOOD as one begins to accomplish goals and take control of their lives
C. Improving Your Self-Esteem
1. Make a list of strengths and weaknesses
2. Set ambitious, but realistic goals for yourself
3. Do not be too hard on yourself
4. Rely on your values
5. Learn to accept compliments
6. Look beyond your own concerns
7. Do not focus too much on appearance

D. Achieving Your Potential → Maslow’s Hierarchy of Needs
- Psychologist Abraham Maslow shared that people have an inborn drive to be the best that they can be, a process called self-actualization. In order for people to achieve their full potential, their basic needs must be met.
  - Physical Needs → Safety → Belonging → Esteem → Self Actualization

Section 2.3 Expressing Your Emotions
→ An emotion is a reaction to a situation that involves your mind, body and behavior

A. Primary Emotions: emotions expressed by all people in all cultures
  - Happiness - response to pleasant events in one’s life.
  - Sadness - response to disappointing events in your life.
  - Anger - response to feeling frustrated or helpless.
  - Fear - felt when you recognize a threat to your safety or security.

B. Learned Emotions: also called social emotions, these emotions are not expressed in the same way by all people.
  - Love - deep feelings of affection and concern.
  - Guilt and Shame - guilt can stop you from doing something you know is wrong or can make you take action to correct a bad choice. Shame focuses more on the person rather than the action and is less likely to be corrected.
    - Ie: Guilt (I did a bad thing) vs Shame (I am a bad person)
C. Recognizing Your Emotions
- Name the Emotion being aware that some can mask other emotions (i.e., anger)
- Determine what triggered the emotion
- Think back to past times that you felt the same way – similarities or differences?

D. Coping With Your Emotions
- Defense Mechanisms are coping strategies that help you to protect yourself from difficult feelings. One downfall of these mechanisms is that they often cause people to put off dealing with the problem and the emotions it causes.
  - Denial
  - Compensation
  - Rationalization
  - Reaction Formation
  - Projection
  - Regression

- Helpful Ways of Coping
  - Confront the situation head on in order to improve it
  - Release built up energy by moving your body
  - Take a break by focusing on something else
  - Talk to someone since most people need help dealing with their emotions from time to time

- Harmful Ways of Coping
  - Using alcohol or drugs
  - Withdrawing from family or friends