

## Chapter 15: Personality

1. Personality	Is an individual's characteristic pattern of thinking, feeling, and acting.	
2. Free association	Is the Freudian technique in which the person is encouraged to say whatever comes to mind as a means of exploring the unconscious.	
3. Psychoanalysis	In Freud's theory, psychoanalysis refers to the treatment of psychological disorders by seeking to expose and interpret the tensions within a patient's unconscious, using methods such as free association.	
4. Unconscious	In Freud's theory, the unconscious is the repository of mostly unacceptable thoughts, wishes, feelings, and memories. According to contemporary psychologists, it is a level of information processing of which we are unaware.	
5. Id	In Freud's theory, the id is the unconscious system or personality, consisting of basic sexual and aggressive drives, that supplies psychic energy to personality.	
6. Ego	In psychoanalytic theory, the ego is the conscious division of personality that attempts to mediate between the demands of the id, the superego, and reality.	
7. Superego	In Freud's theory, the superego is the division of personality that contains the conscience and develops by incorporating the perceived moral standards of society.	
8. Psychosexual stages	Freud's psychosexual stages are developmental periods children pass through during which the id's pleasure-seeking energies are focused on different erogenous zones.	

9. Oedipus complex	According to Freud, boys in the phallic stage develop a collection of feeling, known as the Oedipus complex, that center on sexual attraction to the mother and resentment of the father. Some psychologists believe girls have a parallel Electra complex.	
10. Identification	In Freud's theory, identification is the process by which the child's superego develops and incorporates the parent's values. Freud saw identification as crucial, not only to resolution of the Oedipus complex, but also to the development of gender identity.	
11. Fixation	In Freud's theory, fixation occurs when development becomes arrested, due to unresolved conflicts, in an immature psychosexual stage.	
12. Defense Mechanisms	In Freud's theory, defense mechanisms are the ego's methods of unconsciously protecting itself against anxiety by distorting reality.	
13. Repression	The basis of all defense mechanisms, repression is the unconscious exclusion of anxiety-arousing thoughts, feelings, and memories from the conscious mind. Repression is an example of motivated forgetting: One "forgets" what one really does not wish to remember.	
14. Regression	Is the defense mechanism in which anxiety reverts to a less mature pattern of behavior.	
15. Reaction formation	Is the defense mechanism in which the ego converts unacceptable impulses into their opposites.	

16. Projection	In psychoanalytic theory, projection is the unconscious attribution of one's own unacceptable feelings, attitudes, or desires to others.	
17. Rationalization	Is the defense mechanism in which one devise self-justifying but incorrect reasons for one's behavior.	
18. Displacement	Is the defense mechanism in which a sexual or aggressive impulse is shifted to a more acceptable object other than the one that originally aroused the impulse.	
19. Projective test	Such as the TAT and Rorschach, present ambiguous stimuli onto which people supposedly <i>project</i> their own inner feelings.	
20. Thematic Apperception Test (TAT)	Is a projective test that consists of ambiguous pictures about which people are asked to make up stories.	
21. Rorschach inkblot test	The most widely used projective test, consists of ten inkblots that people are asked to interpret.	
22. Collective unconscious	Is Jung's concept of an inherited unconscious shared by all people and deriving from our early ancestor's universal experience.	
23. Self-actualization	In Maslow's theory, self-actualization describes the process of fulfilling one's potential and becoming spontaneous, loving, creative, and self-accepting. Self-actualization is at the very top of Maslow's need hierarchy and therefore becomes active only after the more basic physical and psychological needs have been met.	

24. Unconditional positive regard	Is, according to Rogers, an attitude of total acceptance and one of the three conditions essential to a "growth-promoting" climate.	
25. Self-concept	Refers to one's personal awareness of "who I am." In the humanistic perspective, the self-concept is a central is positive or negative.	
26. Traits	Are people's characteristic patterns of behavior.	
27. Personality inventories	Associated with the trait perspective, are questionnaires used to assess personality traits.	
28. Minnesota Multiphasic Personality Inventory (MMPI)	Consisting of ten clinical scales, the Minnesota Multiphasic Personality Inventory is the most widely used personality inventory.	
29. Empirically derived test	Is one developed by testing many items to see which best distinguish between groups if interest.	
30. Social-cognitive perspective	According to the social-cognitive perspective, behavior is the result of interactions between people and their situations.	
31. Reciprocal determinism	According to the social-cognitive perspective, personality is shaped through reciprocal determinism, or the interaction between personality and environmental factors.	
32. Personal control	Refers to parson's sense of controlling the environment.	
33. External locus of control	Is the perception that one's fate is determined by forces not under personal control.	
34. Internal locus of control	Is the perception that, to a great extent, one controls one's own destiny.	

35. Learned helplessness	Is the positive resignation and perceived lack of control that a person or animal develops from repeated exposure to inescapable aversive events.	
36. Positive psychology	Focusing on subject well-being, character virtues such as creativity and compassion, and healthy families and neighborhoods, positive psychology is the scientific study of optimal human functioning.	
37. Spotlight effect	Is the tendency of people to overestimate the extent to which other people are noticing and evaluating them.	
38. Self-esteem	Refers to an individual's sense of self worth.	
39. Self-serving bias	Is the tendency to perceive oneself favorably.	
40. Individualism	Is a cultural emphasis on personal goals over group goals, and defining one's identity in terms of personal attributes rather than group identifications.	
41. Collectivism	Is a cultural emphasis on the goals of one's group, and defining one's identity accordingly.	
42. Terror-management theory	According to terror-management theory, our deeply rooted fear of death causes us to act on ways that enhance our self-esteem and to adhere more strongly to worldviews that provide answers to questions about the meaning of life.	

## Chapter 16: Psychological Disorders

1. Psychological Disorder	Behavior must be classified as atypical, disturbing, maladaptive and unjustifiable	
2. Medical Model	This holds that psychological disorders are illnesses that can be diagnosed, treated, and cured, using traditional methods of medicine and psychiatry	
3. Bio-psycho-social perspective	This assumes that biological, psychological and sociocultural factors combine and interact to produce psychological disorders	
4. DSM-IV	A short name for the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition), which provides a widely used system of classifying psychological disorders.	
5. Neurotic disorder	This is a former term for psychological disorders that, while distressing, still allow a person to think normally and function socially. The term is used mainly in contrast to psychotic disorders.	
6. Psychotic disorder	A former term for psychological disorders that are severely debilitating and involve bizarre thoughts and behavior and a break from reality.	
7. Anxiety disorders	This involves distressing, persistent anxiety or maladaptive behaviors that reduce anxiety.	
8. Generalized Anxiety Disorder	The person is continually tense, apprehensive and in a state of automatic nervous system arousal for no apparent reason	
9. Panic disorder	This is an episode of intense dread accompanied by chest pain, dizziness or choking. It is essentially an escalation of an anxiety associated with generalized anxiety disorder	
10. Phobia	This is an anxiety disorder in which	

	a person has a persistent, irrational fear and avoidance of a specific object or situation.	
11. Obsessive-compulsive disorder	This is an anxiety disorder in which the person experiences uncontrollable and repetitive thoughts (obsessions) and actions (compulsions)	
12. Mood disorders	Are characterized by emotional extremes.	
13. Major depressive disorder	Is the mood disorder that occurs when a person exhibits the lethargy, feelings of worthlessness, or loss of interest in family, friends, and activities characteristic of depression for more than a two-week period and for no discernible reason. Because of its relative frequency, depression has been called "common cold" of psychological disorders.	
14. Manic episode	A manic episode is the wildly optimistic, euphoric, hyperactive state that alternates with depression in the bipolar disorder.	
15. Bipolar disorder	The bipolar disorder is the mood disorder in which a person alternates between depression and the euphoria of a manic state. <i>Memory aid: Bipolar means having two poles, that is, two opposite qualities. In the bipolar disorder, the opposite states are mania and depression.</i>	
16. Dissociative disorders	Involve a separation of conscious awareness from one's previous, memories, thoughts, and feelings. <i>Memory aid: To dissociate is to separate or pull apart. In the dissociative disorder a person becomes dissociated from his or her memories and identity.</i>	
17. Dissociative identity disorder	The dissociative identity disorder is a dissociative disorder in which a	

	person exhibits two or more distinct and alternating personalities.	
18. Schizophrenia	Refers to the group of severe psychotic disorders whose symptoms may include disorganized and delusional thinking, inappropriate emotions and actions, and disturbed perceptions	
19. Delusions	Are false beliefs that often are symptoms of psychotic disorders	
20. Personality disorders	Are characterized by inflexible and enduring maladaptive character traits that impair social functioning.	
21. Antisocial personality disorder	The antisocial personality disorder is a personality disorder in which the person is aggressive, ruthless, and shows no sign of a conscience that would inhibit wrongdoing.	