Klaus is 18 years old and, like all adolescents, he is trying to figure out who he is.

He wants to know why he thinks, feels, and acts the way he does; that is, he wants to define his self. 

Klaus decides to read about the various personality theorists, beginning with Sigmund Freud, who believed that most of the mind is hidden from view and therefore

and that personality is a product of the interaction between our basic sexual and aggressive impulses, directed by the id, and social restraint derived from the superego.

After reading about this psychoanalytic theory, Klaus decided that his long-standing aggressive behavior toward his younger brother could have been the result of his anger with his parents for being so strict.

This would protect him from the part of his personality called the ego redirects his anger, and so the hitting of his brother is a defense mechanism called displacement.

Klaus also thought that he may have rationalized his behavior by saying that his brother needed the discipline.

Answers may be found in the Appendix at the end of this booklet.
**REVIEW 15.2 : Neo-Freudians and Psychodynamic Theorists**

Klaus isn’t sure he agrees with Freud’s theory. Klaus thinks that

Freud placed too much emphasis on the
1_________________________ mind and on sex and
2_________________________ as all-consuming motives.

Instead,

Klaus thinks he is more likely to be guided
by his 3_________________________ mind, though he
still believes that 4_________________________ interactions had a great effect on his behavior.

Klaus learns that his beliefs match the neo-Freudian
movement. The neo-Freudians emphasized different
aspects of personality.

Alfred 5_________________________ emphasized peoples’ efforts to
overcome feelings of
6_________________________.

Karen 7_________________________ believed that childhood
8_________________________ triggers our
desire for love and security.

Unlike the others, Carl
9_________________________ agreed
with Freud’s notion of a(n)
10_________________________

but

thought it was more of a
11_________________________ unconscious that included images
derived from our species’ history.

Klaus wonders, though, if

the modern psychoanalysts—those who profess a
12_________________________ approach—aren’t closer to
having a true understanding of personality. He knows

that
you 13_________________________ (agree/disagree) with
Freud’s overall personality structure and his
classifying people as oral, 14_________________________,
or_________________________,

but

they respect the reality that many of our
day-to-day thought processes are indeed
15_________________________.

Answers may be found in the Appendix at the end of this booklet.
Denise and Winifred are friends with very different personalities. Unlike Klaus, who wanted
the underlying dynamics of his personality
1 ______________, they simply want their personalities
2 ______________, as trait theorists do.

First, Denise and Winifred consider the theory of Hans and Sybil 3 ______________, who used the statistical procedure of
4 __________________ to reduce our individual variations to two or three dimensions,

including

5 ________________  and 6 ________________.  

Denise tends to be quiet, reserved, thoughtful, and calm, so she is more likely to be classified as
7 ________________ and 8 ________________.

Winifred, on the other hand, is outgoing, lively, restless, and impulsive, so she is more likely to be classified as
9 ________________ and 10 ________________.

Winifred and Denise decide to volunteer for neuroscience research on personality in order to learn more. They find evidence that their personalities have a biological basis.

For example, they learn that the areas of Winifred's 11 ________________ involved in behavior inhibition are less active than the same areas in Denise's brain.

They also learn that their 12 ________________ played a significant role in creating their 13 ________________, which helped define their personalities.

(Continued on the next page.)

Answers may be found in the Appendix at the end of this booklet.
Denise and Winifred decide that these two dimensions are too limiting, so they turn to a more contemporary expanded set of factors, called the

which include

Denise's disciplined behavior versus Winifred's impulsive behavior, or

the tendency of both to be soft-hearted and trusting, or

Denise's calmness versus Winifred's anxiety, or

Denise's conformity versus Winifred's imaginative nature, or

and Denise's sobriety versus Winifred's sociability, or

Checking the research, Denise and Winifred find evidence that

these trait factors

(are/are not) stable in adulthood,

they tend to have a 50 percent

rate,

they (do/do not) describe personality in various cultures,

and

they (do/do not) predict other personality attributes, for example, that Denise is a “lark,” or morning type.

Answers may be found in the Appendix at the end of this booklet.
Denise and Winifred can't stop thinking about how their personalities are formed. Knowing that psychological science views people as bioorganisms, they set their sights on Albert's theory.

This theorist emphasizes the interaction of internal factors, and the environment, a process he called.

The interaction varies between Denise and Winifred for several possible reasons, including the following:

- They choose different: Denise might choose to go to the library, while Winifred chooses a coffee shop with friends.
- Their internal thoughts, or shape how they interpret and react to events: Denise takes challenges in stride, while Winifred becomes anxious.
- Their create the situations to which they react: Denise shies away from people, while Winifred greets them warmly.

According to this theory, how Denise and Winifred react to their environment depends on certain factors, including their sense of their attributional style (internal or external).

Finally, both Denise and Winifred learn the importance of maintaining a positive attitude and building on their strengths, based on the research of Martin, which indicates that optimal human functioning benefits health.