

Chapter 10 - Personality

Extra Credit Study Guide - 10 pts. Extra Credit (Homework/Participation)

Please place at the end of your chapter notes. Only fully completed study guides will earn full credit.

- 1) Briefly explain why we use ego defense mechanisms.
- 2) Which of the following behaviors would a Freudian say is driven by Thanatos?
  - A) dreaming
  - B) sexual intercourse
  - C) eating
  - D) a violent assault
  - E) flying on an airplane
- 3) Walter Mischel argues that \_\_\_\_\_ is(are) less important than \_\_\_\_\_.
  - A) the situation; emotions
  - B) traits; temperament
  - C) emotions; reason
  - D) the conscious mind; the unconscious
  - E) traits; the situation
- 4) What theory accounts for your personal explanation for how and why people behave the way they do?
- 5) What are the four humors that Hippocrates believed influenced our personality?
- 6) What are the terms Freud uses to describe our life and death instincts?
- 7) \_\_\_\_\_ occurs when you yell at your dog after receiving an "F" on a term paper.
  - A) Sublimation
  - B) Reaction formation
  - C) Displacement
  - D) Repression
  - E) Depression
- 8) Cross-cultural psychologists say that a basic distinction among cultures is their emphasis on
  - A) individualism or collectivism.
  - B) nature or nurture.
  - C) thoughts or feelings.
  - D) external or internal locus of control.
  - E) capitalism or socialism.
- 9) Erin is supposed to be saving money from her job to contribute to her college fund. She is at the mall and sees a shirt that she loves, but she will have to dip into her fund allotted for college in order to buy it. She justifies her behavior by saying, "I have worked really hard this week and I deserve it." Erin is using what Freudian defense mechanism?
  - A) rationalization
  - B) denial
  - C) regression
  - D) sublimation
  - E) displacement
- 10) If you react strongly to angry outbursts in others, you may be struggling with which Jungian archetype?
  - A) the animus
  - B) the shadow
  - C) introversion
  - D) the hero
  - E) the anima
- 11) The humanistic theorists were very different from the psychodynamic theorists because of their emphasis on
  - A) emotional intelligence.
  - B) mental disorder.
  - C) the cognitive forces behind behavior.
  - D) the role of the unconscious.
  - E) the healthy personality.
- 12) What types of people did Maslow study to form his theory of personality?
- 13) Temperament refers to personality characteristics that
  - A) have a substantial biological basis.
  - B) cause mental disorders.
  - C) are learned, especially from one's parents and peers.
  - D) cause people to be "nervous" or unpredictable.
  - E) have their roots in the unconscious.
- 14) What do Jung's concepts of the animus and anima archetypes represent?

- 15) Name the "Big Five" personality traits.
- 16) Give an example of a conflict that might be faced by the id, ego, and superego.
- 17) A friend of yours always seems agitated and anxious, even when nothing in the circumstances would provoke such a response. Which one of the Big Five traits applies to this characteristic of your friend?  
 A) conscientiousness  
 B) agreeableness  
 C) extraversion  
 D) neuroticism  
 E) introversion
- 18) Karen Horney discusses three patterns of attitudes and behaviors that people use to deal with basic anxiety. Name them.
- 19) Name the source of energy that Freud viewed as driving sensual pleasure.
- 20) Explain why those in individualistic societies are more likely to commit the fundamental attribution error.
- 21) Freud believed that mental disorders stem from conflicts and drives that are repressed in the  
 A) Thanatos.  
 B) superego.  
 C) id.  
 D) Eros.  
 E) ego.
- 22) What personality test is often given to assess individuals on ten clinical scales?
- 23) Describe the rationale for using a projective test and name two tests that fall into this category.
- 24) Alfred Adler believed that children often develop  
 A) a personal unconscious.  
 B) the Oedipus complex.  
 C) fixations.  
 D) neurotic needs.  
 E) an inferiority complex.
- 25) Implicit personality theories involve  
 A) assumptions about themselves that people want to hide from others.  
 B) the assumptions that people make about each other's motives, intentions, and behaviors.  
 C) opinions that people privately hold about others but will not express openly.  
 D) unconscious instincts, memories, and conflicts.  
 E) conclusions that are obvious.
- 26) What do the psychodynamic, humanistic, and cognitive theories of personality have in common?  
 A) They all acknowledge the internal mental processes underlying our personality characteristics.  
 B) They all say that men and women have entirely different motives underlying their behaviors.  
 C) They all have a strong basis in psychological research.  
 D) They all view personality as largely unconscious.  
 E) They have nothing in common.
- 27) Name the five psychosexual stages identified by Freud.
- 28) In order to overcome feelings of inferiority, Adler believed that individuals will  
 A) model an archetype.  
 B) use projection.  
 C) create neurotic needs.  
 D) create fixations.  
 E) compensate.

- 29) You are making the fundamental attribution error when
- A) you decide to dislike someone who speaks angrily to you.
  - B) you swap one emotion for one that is less threatening.
  - C) you think someone is clumsy when he trips and drops his books.
  - D) you see someone who is nice-looking and assume that she is self-centered and arrogant.
  - E) you go to a foreign country and assume that everyone thinks the same way you do.
- 30) What is the ego defense mechanism on which the Rorschach and TAT are based?
- A) regression
  - B) reaction formation
  - C) displacement
  - D) fantasy
  - E) projection
- 31) Bandura's idea of reciprocal determinism involved what three forces?
- 32) Our expectations of reward and punishment play a major role in
- A) the cognitive theories.
  - B) all of the above.
  - C) the psychodynamic theories.
  - D) none of the above theories of personality.
  - E) the humanistic theories.
- 33) According to Carl Jung, what are the two parts of the unconscious, and how do these compare to Freud's ideas?
- 34) You would expect to find the concept of self emphasized in
- A) a poor culture.
  - B) a wealthy culture.
  - C) a collectivistic culture.
  - D) an individualistic culture.
  - E) the culture of an industrialized society.
- 35) Karen Horney believed that the main forces behind our behaviors are
- A) social.
  - B) aggressive and destructive.
  - C) unconscious.
  - D) the result of the Oedipus complex.
  - E) sexual.