Reading: H & O Chapters 4, 5, & 6		
Гегтs you should know.		
Alfred Adler		
Individual Psychology		
Compensate/Compensation		
Overcompensation		
Inferiority		
Inferiority complex		
Superiority Complex		
Fictional Finalism		
Lifestyle		
Social Interest		

Personality Psychology	Sociocultural Theories	
Mistaken lifestyles		
·		
Ruling-dominant		
Getting-Leaning		
Avoiding		
Socially useful		
Safeguarding Strategies		
Excuses		
Aggression		
Distancing		
Karen Horney		
Attachment		

Personality Psychology	Sociocultural Theories	
Basic Evil		
Basic Hostility		
Basic Anxiety		
Adjustments to basic anxiety		
Need for affection &		
approval		
Need for partner to run		
one's life		
Need for narrow limits		
Need for power		
-		
Need to exploit others		
-		
Need for Social		
Recognition		
Need for Personal		
Admiration		

Need:	for Ambition and	
Achie	vement	
Need	for Independence	
_		
Need	for Perfection	
1 . 10		
Real Self		
-1 1 - 10		
Ideal Self		
T . 1.		
Externaliza	tion	
Erik Erikson		
Erik Erikson		
Es. 11ea		
Ego Identit	ıy	
		• • • • • • • • • • • • • • • • • • • •
Enidonatia	nringinlo	
Epigenetic principle		
Crisis		
V11919		
Ritualizatio	ons	
Mindigutio		

Personality Psychology

Stages of personality development	
Infancy	
r 1 1.111 1	
Early childhood	
C 1 1 A .	
School Age	
Adolescence	
Young Adulthood	
Totally Tataltillood	
Adulthood	
011	
Old Age	

Concepts you should understand.

1. Perception is important in Adler's view of personality, adjustment, and general approach to life. What implications does this term have for Adler's approach to personality and our adjustment to the world?

2. Analyze Adler's approach to personality development from the B = f(P::E) principle. What role does the Person play and what role does the Environment play?

3. What role do family interactions play in Adler's model?

4. According to Adler, what influence does birth order have on personality development?

5. What role does the family play in Horney's approach to personality development?

6. Compare Freud's notion of DEFENSE MECHANISMS and Horney's ADJUSTMENT PATTERNS. How are they similar? How are they different?

7. What are the key elements of Horney's Feminine Psychology?

8. Describe each of Erikson's developmental stages, the crisis, ritualization and virtue(s) that are involved.

- 9. How do the sociocultural theorists differ from Freud on the following? (Be sure to give examples)
 - a. Early experiences on personality?
 - b. The extent to which personality is determined vs. being malleable.
 - c. The development of the person's personality over time.

My Experiences #2 The Sociocultural Mirror.

Naı	Name:				
1.	One of the basic themes in Adler's theory is the notion of Inferiority that leads to striving for competence and a sense of superiority. There are three conditions that could lead to a complex of inferiority feelings: 1. Organ inferiority, 2. Excessive indulgence and pampering, and 3. Rejection and neglect.				
	What early experiences in your life may have led to a feeling of Inferiority?	How do you think that this experience led to later striving for Superiority? How have you strived to overcome this feeling in your life?			

2. Horney felt that we each adopt one or more approaches to deal with feelings of Basic Anxiety. Which of the styles might you be following?

3. Erikson felt that in an effort to support the ego adolescents turn to heros in popular culture (athletes, teachers, rock stars, actors or actresses, etc.). Was there a hero in your life who contributed to your sense of Identity? Who was this person and how did the person influence you sense of identity. What characteristics were important to you? Do you see this influence in your Life Style today?