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Psychology 101

Short Answers Questions

Chapter 10-

2- The four phase of sexual response cycle are: Excitement, plateau, orgasm and resolution, which are fairly frequent in man as well as woman.

- a) The excitement is characterized by the erection of the penis for men and the lubrication of and expansion of the vaginal canal for women.
- b) The plateau is the phase of a little bit more of excitement for both men and woman.
- c) The orgasm is the ultimate phase of high excitement, ejaculation occurs for men and for the woman, the pleasure is marked by the rhythmic contraction of the pelvis and uterus.
- d) Resolution, as the name indicates is the final phase, which is totally different for men and women also called a refractory period.

3- The basolateral complex is a membrane that helps stimulate the fear response within the areas of the brain, it also helps for attaching emotional value to learning processes and memory.

5- The amygdala is composed of: The basolateral complex and the central nucleus. The basolateral complex located in the areas of the brain is responsible to stimulate the fear response, and the central nucleus plays a big role in attention.

9- There are many ways that someone can express anger through body language. Personally, I would express my anger through body language with my eyes, mouth. These two aspects are efficient enough for me to express my anger.

31- As a Christian, I found this chapter truly informative. I have walk year as a youth leader, thus I can tell based on my own experiences how helpful learning this chapter can be for any church member, especially the young folk who are constantly learning about themselves. After reading this chapter, I am convinced that the church, as an institution should organize webinar with this kind of information to educate their members, I think that they will grow emotionally and psychologically better as a person within the community in which they are serving.

Chapter 11-

55- Projection and sublimation are defense mechanism that are keeping us safe from fully aware and unpleasant thoughts and feelings. So, **projection** is the approach by which someone can sees his/her feelings in someone else. For instance, Jake is cheating and for some reason he thinks that his

girlfriend is cheating to. Sublimation on the other hand is the refocusing of unacceptable thoughts and raw emotions into more acceptable ones.

67- Congruence occurs when the thoughts that we have about real and ideal self are similar and accurate. While incongruence occurs when there is a significant disparity between our real self and ideal self, which can lead to maladjustment.

73- Although I resonate more with “The Humanistic theory of Personality” by Abraham Marslow and Carl Rogers, I feel like the theory of “Social Cognitive Theory” makes more sense to me. As humankind, we are called to live together, and for that reason we are also learning from each other. Therefore, it makes total sense for me that our personality id formed by watching and learning from others.

75- My real self is different from my ideal self because of many factors. First and foremost, I am still in college, therefore the things that I would love to do or enjoy right now, I literally can't. I am focusing on college and the betterment of my future self. Additionally, my ideal self would like to travel a lot, but I am unable to do so because I have other preoccupations with my current income as a new parent, I think more for my son and my family in general. Everything else will come in due time.

76- I try hard keep a balance between the personality that I display on social media and the personality that I display in person. I genuinely don't see or understand while I would gain by being fake or simply displaying someone that I am not in reality. I post pictures of me and my wife, verses in the bible or anything that fits well my true personality outside of social media.