

1. Jung had come up with the idea of anima and animus. This idea was grounded in the belief that men and women would have some of the opposite qualities or characteristics within them. A man that would have feminine qualities would be known as anima. While a woman with masculine qualities is called animus. There can be positive and negative outcomes on this regarding the individual for example a woman with masculine qualities may exhibit more logical reasoning or initiative. Compared to the relationships of today, you will see a more traditional side in sex roles. According to the traditional stereotype, men are seen to be the planners and leaders. It would be unusual for them to display feminine tendencies
2. The theory of psychological types is the idea of categorizing people based on how they react and interpret their experiences. It revolves around two groups: extraversion and introversion. A majority of individuals can have both of these characteristics, however it can be up to an individual's preference as to which is shown more. These groups can be further categorized into the four functions: feeling, thinking, sensation and intuition. Combination of the four functions and the fundamental attitudes allows room for explanation to variance in personality types
3. I believe I am primarily an introverted person, however I have extraverted traits due to the career field I am pursuing. I tend to keep to myself and like to remain calm, however I like to socialize and form big friend groups. I realize that the career I want to get into, being an extravert, would be a little bit more equipped to work in a healthcare field compared to an introvert. I believe a blend of both of these attitudes or building both aspects can lead to a healthy mental outcome. As overindulging in one area will lead to harmful results such as indecisiveness or only acting in ways that are for the approval of others.