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PSY441: Psychology of Personality: OA
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02/21/23

Chapter 4

#5 – Attitude is defined as the learned tendency to respond to an object in a consistently favorable or unfavorable way. In Adler's view, he believed that actions are guided by a person's fundamental attitudes towards life. The idea of individual psychology according to Adler is defined as a science that attempts to understand the experiences and behaviors of each person as an organized entity. How we are feeling about something will translate to what we do. They co-exist with one another as well as affect each other. For example, is I wake up in the morning and feel extremely tired, but I have made up in my mind that I have to go to work and then I do so. Now my behavior at work can be influenced by how tired I am but also my attitude about needing to go to work allowed me to go to work and that was the route of behavior I took despite how I felt but because of the work ethic attitude I have. Now if I had said that because I am tired, I will not go to work today and then I don't. My attitude towards how I felt dictated on how I then behaved.