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FIVE (OR MORE) ASPECTS: Of the theories that you have studied in this class-to-date, what aspects would you like to incorporate into your own personal model of counseling (identify and briefly explain at least 5):

Interpretation: The psychoanalyst interprets the patient's associations, dreams, and behavior to help the patient gain insight into his or her unconscious conflicts. Transference: Transference is when the patient transfers feelings and attitudes from a past relationship onto the psychoanalyst. The analyst then uses the transference to help the patient gain insight into their behavior.

Cognitive Restructuring: Cognitive restructuring is a technique used to help people identify and challenge irrational thoughts and beliefs that can lead to distress and unhealthy behaviors. It involves identifying the irrational thought or belief, evaluating the evidence for and against it, and developing a more realistic and balanced thought or belief.

Relaxation Techniques: Relaxation techniques are used to help people reduce their stress and anxiety. Techniques such as progressive muscle relaxation, mindfulness meditation, and deep breathing can help people relax and manage their anxious thoughts and emotions.

Role-Playing: Role-playing is a technique used to help people explore their feelings and experiences in a safe and controlled environment. It involves creating a scenario and having the client act out their thoughts and feelings in the scene.

PART 1 - *Human nature*: Are people essentially good, evil, or neutral? How much of personality is inborn or determined by biological and/or other innate factors? Are there inborn drives, motives, tendencies, or other psychological or behavioral characteristics that all human beings have in common? How much of a person's individuality is determined by heredity or other innate factors?

All men are born in sin and shaped in iniquity, according to the Bible. Consequently, people are prone to evil lusts and inclinations from birth. This innate tendency resulted from the fall of Adam and Eve in the Garden of Eden.

Research suggests that both genetic and environmental factors shape personality (Cherry, 2022). While certain physical and genetic factors can play a role in personality development, environmental influences such as upbringing, education, and culture can also have a significant impact. The combination of these factors determines an individual's personality. There are specific genetic drives, motives, and tendencies that all human beings share. These include the need for food, shelter, safety, and the drive to seek out social interaction, form relationships, and reproduce. Additionally, humans tend to be curious, empathetic, and driven by the need to achieve goals. Research further suggests that heredity and other natural factors can significantly determine a person's identity. Studies have found that genetic factors influence personality traits, physical characteristics, and behavior. However, environmental factors such as upbringing and culture can also significantly impact a person's individuality.

Overall, it is evident that genetic and environmental factors play a role in personality formation. While certain genetic aspects determine a person's predisposition to certain personality traits, environmental influences shape the result.

PART 2 - *Role of environment in personality development*: How influential is one's physical and social environment in one's personality development, and how does the environment affect personality development?

Environment plays a crucial role in personality development. The physical and social environment is believed to influence how individuals develop their personalities dramatically. The physical environment, or the physical surroundings, such as the home, workplace, or school, can shape an individual's personality in many ways. For example, a child growing up in a home filled with chaos and dysfunction may develop an anxious and fearful personality. On the other hand, a child growing up in a home filled with love and support may develop a more secure and confident personality.

The social environment, such as family, friends, and peers, can also shape an individual's personality development. The quality of relationships, the level of support, and the values and beliefs of the people around an individual can all impact their personality development. For example, an individual who has positive relationships with supportive peers may develop a more social and outgoing personality. On the other hand, an individual who has negative or critical peers surround may develop an anxious and insecure personality.

Overall, the environment plays a crucial role in shaping and influencing an individual's personality development. The physical and social environment can powerfully influence how individuals develop their personality and perceive and interact with the world around them.

PART 3 - *Model of functionality*: What constitutes functionality/mental health or dysfunctionality/mental unhealthy in an individual? How do innate and environmental factors interact in influencing a person's functioning, be it relatively healthy or unhealthy?

Functionality or mental health can be defined as a state of well-being in which an individual can cope with the demands of everyday life successfully and can maintain a healthy balance between work, leisure, and relationships. On the other hand, dysfunction or mental unhealthiness is the inability to cope with life's demands and the experience of distress, dissatisfaction, and mental health issues.

Intrinsic factors, such as genetics, can affect an individual's functionality by influencing their mental and physical development, behavior, and emotional regulation. For example, a person with a genetic predisposition to depression may be more likely to experience mental health issues and lack of functionality than someone without this predisposition.

Environmental factors like upbringing can also influence an individual's functionality. For example, a person raised in an environment of physical, emotional, or psychological abuse may be more likely to experience mental health issues and lack of functionality than someone with a more supportive upbringing.

Interactions between these intrinsic and environmental factors can also significantly impact an individual's functioning. For example, a person with a genetic predisposition to depression who was raised in a supportive environment may have better mental health and more functional behavior than someone with the same predisposition raised in an abusive environment.

PART 4 - *Personality change*: How does personality change after it is to some extent developed? What conditions are necessary but not alone sufficient for personality change to occur, and what conditions are both necessary and sufficient?

Personality change is a complex process requiring a combination of conditions. After personality is developed to some extent, it is possible to experience changes in beliefs, attitudes, values, and behaviors. It is thought to happen through a combination of internal and external influences. Internal influences may include cognitive restructuring, self-reflection, and increased self-awareness. External influences may include events, experiences, and interactions with other people.

Necessary conditions for personality change to occur include a willingness to change, a desire to improve oneself, and an openness to learning and exploring new experiences. These conditions alone are not enough, however, as personality change also requires us to commit to the process, to actively seek out new experiences, and to be open to feedback and criticism.

Sufficient conditions for personality change to occur include having a supportive network of friends and family, engaging in meaningful activities, and developing a sense of purpose and direction. Having a supportive network of friends and family is important as it provides a safe space to explore and make mistakes while engaging in meaningful activities gives us opportunities to practice and test out new behaviors. Developing a sense of purpose and direction provides us with a sense of direction and meaning in our lives, which can help us to stay motivated and engaged in our process of change.

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Own Theories Paper Template

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