

Chapter 11

11. How is an emotion different from mood?

According to the lecture an emotion is provoked by something that happened while a mood is a state that is not influenced by the outside, the emotion tends to last less than the mood. The emotion is more intense than the mood, and the mood is not always consciously recognized or intentional, while the emotion it is.

4. Name and discuss the seven universal emotions.

Happiness, it is when you experience something that makes you feel good, Surprise is when you happens something you did not expect, Sadness is a feeling when you experience a down emotion or mood can be produce for many thing including from the inside and the outside, Fright happens when you react to something that can scare you, Anger is a feeling of extreme annoyance, Disgust is the reaction when you experience something unpleasant, and Contempt is a feeling when a person feels worthless

10. Describe and give an example of intrinsic motivation.

Intrinsic motivation.arises from internal factors, a good example is art or writing. I love taking pictures of things, people, sunsets, nature because I like it, but I remember one time someone asked me to take some pictures for a project and I did not feel good doing it.

15. Clarissa enjoys writing, but when she gets a job writing for the paper she finds it much less enjoyable. What concept might explain this?.

This is an example of intrinsic motivation, that occurs when the things you like to do become unwanted just because someone else asks for them or because it turns into an obligation.

16. Define and exemplify gender dysphoria.

Gender dysphoria is when the person does not seem to be the same sex that the outside people see, this person does not identify with the sex that was born, for example my brother identify himself as nonbinary person, so he can be dressed one day with normal pants, a hoodie, and sneakers, and the other day with a skirt, a crop top and with some makeup on.

Chapter 11

48. According to Alfred Adler, what are the three fundamental social tasks that all of us must experience? Discuss.

The first one is occupational tasks which means careers, the second one is Societal tasks, which refer to friendships, and the third one is Love tasks which is finding an intimate partner. I agree

with this because these are things that can make you know yourself, for example your career can let you know your qualities, and the things you're good at, the friendships give you the opportunity to connect with people you like or that you have something in common, and the love tasks is very important because give you the opportunity to have someone who wants to know and vice versa, and is when you really can share so many things you would not do it with no one else.

73. Which theory of personality makes the most sense to you? Why?

The theory that most interests me is the Galen's theory because I have heard it before and I think is very accurate, I feel like these 4 temperaments are important because represent like personalities, in my opinion I identify with the phlegmatic, and I can see these types of personalities by some of my friends or family members.

75. Discuss the ways in which your real self is different from your ideal self.

Well there are many ways in which my real self is different from my ideal self, like I would like to be more focused, diligent, and confident about myself, because I get distracted easily, and I tend to procrastinate a lot, also I am insecure in some aspects in my life... I also would like to be good at physical activities.

76. Is the personality you display in social media different from the personality you display in person?

I'm curious to answer this question in an assignment because recently I have been trying to be more consistent to this, before when I felt like not so pretty enough I used to post a story where I looked nice and pretty, but using some filter or doing something to look better, and so people would reply to me with nice compliments, and in that way I would feel better about myself. But right now I have been not that active in social media trying to not expect something nice from the outside world

61. Explain the collective unconscious.

It is the universal personal unconscious so it relates to have the same ideas or patterns, so it be something that everyone knows because of the culture or memory, as a person can act unconscious about something, can also a community do it, it's well that's what I understand.