

PSY 101

Chapter 10

4. The seven universal emotions include happiness, surprise, contempt, sadness, fright, disgust, contempt, and anger. Emotions is expressed in many different forms such as tone of voice, behavior, and body language. However, we are more sensitive to the emotional info that is communicated through body language.

10. Intrinsic motivation is based on the feeling of internal motivation rather than an external reward. For example, if I were to wake up every morning to work out just because I knew I would receive a coffee and the end as a reward for working out that would be the opposite of intrinsic motivation. If I woke up every morning because I was training for a marathon, then that would be an example of intrinsic motivation.

11. A mood can last for hours where an emotion can last anywhere from seconds to minutes at the very most. Emotions are feelings and result from the combination of experience, expression, cognitive appraisal and psychological reply. Moods tend to be more general, there are only two basic moods which is good and bad.

14. Extrinsic motivation is the motivation to perform a task with the expectation of working for a prize. Being motivated by something external rather than internal. Extrinsic motivation is the behavior displayed with the expectation of receiving something from others. For example, if I decided to cut someone's lawn with the expectation of receiving payment at the end, that is the definition of extrinsic motivation.

16. Gender dysphoria describes an individual who does not identify with the gender they were born being. The dysmorphia must be verbalized and must be present for at least 6 months in order to fall under a diagnosis of DSM 5 diagnostic criteria. Not every transgender person people are diagnosed with gender dysmorphia.

Chapter 11

48. According to Alfred Adler the three fundamental social tasks that all humans must experience. The first is occupational tasks (careers), societal tasks (friendships), and love tasks (having an intimate partner for a long-term friendship). Adler also draws attention to the three fundamental tasks done with conscious motivation rather than unconscious.

56. Reaction formation is the ego defense mechanism that a person with anxiety exchanges their inadmissible behavior to the opposite. Otherwise looked at as a defense mechanism. An example of reaction formation would be a person who abuses drugs preaching against the use of drugs or if a mother and daughter have a terrible relationship but express to others, they have a great relationship.

60. The main focus of Carl Jung's analytical psychology was on the working to balance opposing forces of conscious and unconscious thoughts. To practically acknowledge a person's personality to the fullest. Jung makes note that this is a learning process that occurs over time through continuous learning. Interestingly enough this happens in one's second half of life.

67. Congruence is the point of view that a person has of themselves in their thoughts and the reality being very similar. Incongruence is the disconnect a person has with themselves and the idea of themselves. Both being different in the perspective that a person has of themselves.

69. One of the criticisms of Jung was that human acknowledgment to archetypes are indistinguishable instinctual response to animals. However, there is little to no evidence for archetypes and or a biological basis for such a proposal. Now a days Jungian scholars are convinced that the collective unconscious and archetypes are instinctive to the environmental influences.