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PSY 101: General Psychology

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## Chapter 10

Question 3: The basolateral complex is part of the amygdala (which is a part of the brain). The basolateral complex is an important part of the mind since it adds emotional value to many memories in our brain. Without it, you wouldn't feel anything when you try to remember a happy memory.

Question 9: Anger is an expressive emotion when we want it to be noticed. One way is your body is tensed up. Another way is with your face. Redness can form on your face and your eyebrows can be furrowed. Humans are expressive creatures; we can see this when we are feeling strong emotions like anger.

Question 10: Many of us have been intrinsically motivated. This is called intrinsic motivation. Intrinsic motivation is when you want to do because you want to. An example of this would be if you want to learn how to edit videos, you are motivated to watch tutorials because you want to master editing and you find it interesting.

Question 11: At this time, society has accepted that mood and emotion are the same, but they aren't. They may seem to be the same at face value, but this isn't true. Mood is when you are in a state of feeling, but not any experiences, while emotions are experienced and caused by experiences.

Question 14: There are two types of motivations. One is intrinsic motivation and the other is extrinsic motivation. Extrinsic motivation is completely different from intrinsic motivation.

Extrinsic motivation is when you are motivated by outside factors, not by yourself. An example of this is that you want to get a good report because your parents said if you do, you can get a prize. This is extrinsic motivation.

## Chapter 11

Question 49: The Myers-Briggs Type Indicator is a personality assessment. This is a test with true/false questions that allows you to self-reflect on yourself. You can use this personality assessment to reveal unconscious feelings, impulses, and desires.

Question 55: Projection and sublimation are both ego defense mechanisms. While there are both ego defense mechanisms; they have their differences. Projection can be a negative ego defense mechanism, while sublimation is a positive ego defense mechanism. Projection can make you do morally bad things just to be even with someone. While sublimation is when you are using unacceptable feelings or desires can channeling them into good things.

Question 56: Reaction formation is another defense mechanism, but it is a bit different which makes it unique. An example of this is when you make fun of someone for liking a show, while you like it as well. This is an odd defense mechanism, but it is popular in this generation.

Question 61: Collective unconscious is when psychological tendencies are common to all of us. This may seem strange to understand at first, but let me explain. The collective unconscious is when a universal personal unconscious that is known by everyone. An example is being an introvert and an extrovert. Both of these have psychological tendencies that are common to all of us who are these people.

Question 67: Congruence is when you look at yourself and your self-concept is accurate to you.

This means that you are the person you want to be. Incongruence is when you look at yourself and your self-concept is inaccurate to you. This means that you aren't the person you want to be.