Chapter 10

1. Maslow says that the lower needs must be addressed first before tackling the higher needs. The order goes 1.) Food,water & shelter, 2.) Security in other words safety and job security. 3.) Social needs like friends and family 4.) Esteem AKA self esteem and sense of confidence in one's abilities. Finally5.) Self Actualization reaching one's maximum potential. Basic because our survival as human beings depend on those. The higher needs are not necessarily needed to physically stay alive but are more social and emotional needs to feel like one belongs.

4.The seven universal emotions can be seen through facial expressions. The seven are Happiness, Surprise, sadness,fright,disgust,contempt, and anger. All humans tend to use the same muscles when showing specific emotions even if they haven't witnessed someone else do it! For example, people always make stank face in disgust.

9. Depending on our body positioning and we may not even realize what is happening. Perhaps the tone of voice will give signals. Muscle movement is involved redness of the face. I know I shake or tend to stiff up when I am angry. It's one of those emotions that's easy to discern, most of the time anyways.

11. A mood doesn't occur in response to something we experience while an emotion does. Moods are less noticeable and less intense than emotions as emotions are far more intentional in describing our emotions.

16. His is when an individual has felt like they are in the incorrect body for at least 6 months to be diagnosed. Let's say a woman feels they are trapped in their body and uncomfortable because that woman feels like she is supposed to be a man; she will take steps to do a transgender surgery to look like a man.

22. When kids do things because they are told to they tend not to do it as much or enjoy it. There is a curriculum but there are ways to motivate students without giving tangible rewards for their actions. Verbal praises increase the desire to do better; the sense of belonging motivates anyone. If the students had a sense of control over their discussions in class and group activities they tend to participate more. In comparison, there are teachers who are little students and make them feel like idiots and this doesn't make kids want to be there or learn.

25. Homeostasis is the biological balance of the body system. Alcohol use can cause sleep deprivation and affect one's consciousness. It can affect body temperature and fluctuation of heart rate, blood pressure etc.

26. Achievement is the need to accomplish goals that are set. (graduating college and starting a career) Affiliation is the desire to pursue interactions with other humans like fitting into a clique. Intimacy will make us want to pursue meaningful relationships that last, like best friends, dating, marriage.

28. There is a specific weight per individual that will resist change. The human body will do what it needs to to survive as a result of low calorie intake. A new set point theory is in play when bariatric surgery takes place along with extreme weight loss and amount of food absorbed.

31. Emotion is a guidance system. According to Darwin emotions are a response to the survival and evolution of humanity. Every culture experiences 6 basic emotions, sadness, happiness, anger, fear, surprise, and disgust. Reading emotions is a skill to figure out what other people are feeling in the moment. Emotions are hardwired into our brain and unleashed depending on the situation.Women tend to be more clinically depressed and men tend to be alcoholics, emotions are explained just expressed differently.

Chapter 11

47. In 1780 Franz Gall thought that the distance of bumps on our heads could somehow tell what a person;s personality and character and mental abilities. It was believed that you could tell how big ones brain was as well. I don't know how that would work today. People have all different types of head shapes so how could one determine friendliness or killing tendencies through that?

54. The id and superego are polar opposites. The id acts on primitive impulses and the superego will try to separate right from wrong through a moral compass. The ego is what comes in between to balance both out and they compromise to make up a healthy personality.

55. Projection is when someone doesn't admit their feelings and project them on someone else' a more immature Defense.. In sublimation one channels inappropriate desires into more appropriate things. So both defense mechanisms will project or channel the feeling or urge elsewhere but one (projection) doesn't acknowledge the feelings.

56. This is when someone shows feelings thoughts and behaviors that contradict what one really feels on the inside. An example would be if I started making fun of someone that I actually like but because of my peers I contradict my own feelings.

58. Alder focuses on our drive to make up for us feeling inferior. The concept of the inferiority complex. An inferiority complex refers to a person's feelings that lack worth and compare to society's norm. Because one feels inferior this is what motivates them to become superior. He focused on three things career, friendships and life partners.

Freud believed that we are motivated by sexual and aggressive urges, For example id, superego and ego. Two competing forces shape our personality. The feeling of superiority in the id can lead to neurosis (behavior disorders). They both believed in unconscious processes but he Adler believed the conscious ones were more important.":/.,

63. Albert Bandura and B.F Skinner agreed that our personalities are shaped though learning. However there is a difference in Bandura's ideas, he said that thinking and reasoning are important for learning whereas Skinner thought that learning behavior is strictly influenced by the environment alone. Skinner also believed in reinforcing positive and negative behaviors, so he concentrated most on how behavior is affected by the consequences. Albert believed in observational learning (more internal) where people learned from other's mistakes.

66. He found that they all the greats he studied Albert Einstein, Eleanor Roosevelt, Thomas Jefferson, Abraham Lincoln, all have the same characteristics. Love,compassion, creative and caring for other people. His Hierarchy of Needs doesn't always have to be about individual self actualization but anybody can use that pyramid for the benefit of someone else. Take Ghandi for example.

67. Carl Rogers divided the self meaning oneself in two halfs, ideal self and real self. Real self is who we really are and once we can align who our ideal self to who we really are we can be healthy and happier just the way we are. Incongruence is the opposite where there is a gap between one's real self and their ideal self.

68. The five traits are openness to experience, conscientiousness, extroversion, agreeableness, and neuroticism. experience , conscientiousness and agreeableness grow with age. This comes with maturity and how disciplined one becomes. Extraversion and neuroticism decline as a result of getting older and things falling into place as well.
74. Karen deviated from Freud's teachings a bit. Freud believed that women were jealous of male biological features. I can imagine how difficult that must have been to learn being a woman and a student under sigmund freud. She had a more gentle approach and also suggested that perhaps men wish they could give birth. Trying to break societies underminement of women is tough.