Personality

Personality:

- Unique and stable behavior patters

Temperament:

- General emotional nature
  - High strung or laid back
- Inherited

When do become who you’re going to be for the rest of your life (stable behavior)

- About 30

Components of Personality:

1. Traits
   a. Lasting qualities
      i. Shy
      ii. Competitive

2. Type
   a. People with several traits in common
      i. Problem is running a risk of stereotyping

3. Self-Concept (self-esteem)
   a. Ideas, feelings, perceptions of who you are.
   b. Self-Esteem
      i. How well you like yourself

Nature vs. Nurture

- Nature
  o Genetic
  o Makes up about 45%
- Nurture & Choice
  o Environment (Nurture)
  o What you choose yourself (Choice)
  o Both make up 55%

Theories

- Personality Theory
  o Set of assumptions or ideas proposed to explain the personality

1. Trait Theory
   a. Allport