

Chapter 1 : Mind, Character and Personality/Thought Habits - Wikisource, the free online library

Good thoughts and actions can never produce bad results; bad thoughts and actions can not always produce good results. Thought and personality whether being good or bad are a fair result of self evolution.

Updated October 5, 0 Avoidant Personality Disorder is a Cluster C disorder characterized by extreme social inhibition, feelings of inadequacy, avoidance of social situations and sensitivity to rejection. Avoidance of social interactions and intimate relationships. Excessive feelings of low self-esteem, shame and inadequacy. Withdrawal from situations where one is likely to be criticized. Before making any armchair diagnoses, always know that you must go to a mental health professional to be diagnosed with Avoidant Personality Disorder " or any personality disorder for that matter. Many people might read this description and think they meet some of this criteria, but there is a distinction between the debilitating nature of this disorder and normal shyness, anxiety or introversion. This disorder goes beyond the occasional social anxiety or even just being an anxious person in general. Their anxiety about being potentially rejected reaches epic proportions to the extent of self-isolation and new heights of social inhibition. This disorder is debilitating, pervasive and excessive in its impact. This is someone who will ruminate and worry about everyday situations because it may present opportunities for negative appraisal or evaluation. And due to their anxiety, they will also feel unable to follow through with conversations, events or activities which contain even a morsel of social contact. A trip to the grocery store, for example, might be terrifying with someone with Avoidant Personality Disorder because they will be imagining scenarios where they might embarrass themselves or run into someone who tries to talk to them. This hyper-anxiety seeps into their everyday life and prevents them from not only trying new things, but also engaging in behavior that even highly anxious and sensitive people might not have any issues with. It is thought that Avoidant Personality Disorder and social anxiety itself can also be caused by trauma Eikenaes, et. It also overlaps with certain withdrawal behaviors of being a highly sensitive person. Many survivors of trauma and abuse, for example, can also isolate themselves due to prolonged exposure to trauma and develop mistrust and hypervigilance in social situations Herman, So, while learning more about this disorder is helpful, it bears repeating that an official diagnosis can only be made by a professional " and only a professional is equipped to determine the cause of any behavior that reflects this disorder. Significant impairments in personality functioning manifest by: Impairments in self-functioning due to either a or b. Low self-esteem associated with self-appraisal as being socially inept, personally unappealing, or inferior; excessive feelings of shame or inadequacy. Unrealistic standards for behavior associated with reluctance to pursue goals, take personal risks, or engage in new activities involving interpersonal contact. Impairments in interpersonal functioning a or b: Reluctance to get involved with people unless being certain of being liked; diminished mutuality within intimate relationships because of fear of being shamed or ridiculed. Pathological personality traits in the following domains: Reticence in social situations; avoidance of social contacts and activity; lack of initiation of social contact. Avoidance of close or romantic relationships, interpersonal attachments, and intimate sexual relationships. Negative Affectivity, characterized by: Intense feelings of nervousness, tenseness, or panic, often in reaction to social situations; worry about the negative effects of past unpleasant experiences and future negative possibilities; feeling fearful, apprehensive, or threatened by uncertainty; fears of embarrassment. It also requires that a person be impaired in either the way they see themselves self-esteem or their inability to partake in risks or any activities containing social contact. This behavior cannot be explained by changes in development for example, a phase of shyness in early adulthood and is relatively stable across many contexts. If you suspect you may struggle with Avoidant Personality Disorder or a related disorder, the best route of action is to seek professional support. Although a prominent feature of disorders like this is self-isolation, no one should have to tackle this alone. References American Psychiatric Association. Diagnostic and statistical manual of mental disorders 5th ed. Avoidant Personality Disorder versus Social Phobia: The Significance of Childhood Neglect. Plos One, 10 3. The aftermath of violence:

Chapter 2 : Mental Disorders & Conditions - DSM

A brief definition is that personality is made up of the characteristic patterns of thoughts, feelings, and behaviors that make a person unique. In addition to this, personality arises from within the individual and remains fairly consistent throughout life.

A plant is from a seed. If there is no seed, then there is no plant. So, there is no seed of thought, the action will not occur. Thought and personality are closely associated with each other. Each seed of thought sprouts and grows. The good and honest seed produces good fruit. Fraud and false ideas produce bad fruit. People are subject to the law of growth rather than the product of deception. In this vast universe the cause and effect relationship is definitely not deviated away. Mean and beast-type characters are constantly hiding the results of the mean thoughts. The noble and dignified personality is not a lucky result or given by the other people, but a result of long-term pursuit of knowledge. The continuous forging ahead and long-time pursuit of knowledge is a natural result of correct thinking. A Nobel Prize winner or a superb mentor entering the spiritual world constantly improves his mind, so as to rise, conquer and succeed. People are masters of their thinking, their own personality makers, shapers of their own lives, and builders of their own destiny. As long as he can dig into deep veins of his soul, he will get gold and diamonds. Only such can let you do a search and exploration, and find every truth associated with his nature. Thought and personality are inseparable whole. And personality can only be found through the environmental performance. Good thoughts and actions can never produce bad results; bad thoughts and actions can not always produce good results. Thought and personality whether being good or bad are a fair result of self evolution.

Chapter 3 : Personality Traits | Noba

some thoughts on personality development **Definition** Personality development is the development of the organized pattern of behaviors and attitudes that makes a person distinctive. Personality development occurs by the ongoing interaction of temperament, character, and environment.

Philosophical assumptions[edit] Many of the ideas developed by historical and modern personality theorists stem from the basic philosophical assumptions they hold. The study of personality is not a purely empirical discipline, as it brings in elements of art , science , and philosophy to draw general conclusions. The following five categories are some of the most fundamental philosophical assumptions on which theorists disagree: Behavior is categorized as being either unconscious, environmental or biological by various theories. Contemporary research suggests that most personality traits are based on the joint influence of genetics and environment. One of the forerunners in this arena is C. Robert Cloninger , who pioneered the Temperament and Character model. Gordon Allport , Abraham Maslow , and Carl Rogers were all advocates of the uniqueness of individuals. Behaviorists and cognitive theorists, in contrast, emphasize the importance of universal principles, such as reinforcement and self-efficacy. Traditional behavioral theorists typically believed that humans are passively shaped by their environments, whereas humanistic and cognitive theorists believe that humans are more active in their role. Theories that place a great deal of emphasis on learning are often more optimistic than those that do not. Personality types are distinguished from personality traits , which come in different degrees. There are many types of theories regarding personality, but each theory contains several and sometimes many sub theories. A "theory of personality" constructed by any given psychologist will contain multiple relating theories or sub theories often expanding as more psychologist explore the theory. According to trait theories, introversion and extroversion are part of a continuous dimension with many people in the middle. The idea of psychological types originated in the theoretical work of Carl Jung , [9] specifically in his book *Psychologische Typen* Psychological Types and William Marston. Briggs, delineated personality types by constructing the Myersâ€™Briggs Type Indicator. Theories could also be considered an "approach" to personality or psychology and is generally referred to as a model. The model is an older and more theoretical approach to personality, accepting extroversion and introversion as basic psychological orientations in connection with two pairs of psychological functions: Briggs and Myers also added another personality dimension to their type indicator to measure whether a person prefers to use a judging or perceiving function when interacting with the external world. Therefore, they included questions designed to indicate whether someone wishes to come to conclusions judgment or to keep options open perception. An "N" is further assumed to be guided either by thinking or feeling and divided into the "NT" scientist, engineer or "NF" author, humanitarian temperament. Critics of this traditional view have observed that the types can be quite strongly stereotyped by professions although neither Myers nor Keirse engaged in such stereotyping in their type descriptions , [11] and thus may arise more from the need to categorize people for purposes of guiding their career choice. It should be noted, however, that the MBTI is not designed to measure the "work self", but rather what Myers and McCaulley called the "shoes-off self. They theorized that intense, hard-driving Type A personalities had a higher risk of coronary disease because they are "stress junkies. There was also a Type AB mixed profile. In this circumplex model, the six types are represented as a hexagon, with adjacent types more closely related than those more distant. The model is widely used in vocational counseling. Niemeier, ; English translation by P. Pigors - New York: The Enneagram of Personality , a model of human personality which is principally used as a typology of nine interconnected personality types. It has been criticized as being subject to interpretation, making it difficult to test or validate scientifically. Perhaps the most ancient attempt at personality psychology is the personality typology outlined by the Indian Buddhist Abhidharma schools. This typology mostly focuses on negative personal traits greed, hatred, and delusion and the corresponding positive meditation practices used to counter those traits. Psychoanalytic theories[edit] Psychoanalytic theories explain human behavior in terms of the interaction of various components of personality. Sigmund Freud was the founder of this school of thought. Freud drew on the physics of his day thermodynamics to coin

the term psychodynamics. Based on the idea of converting heat into mechanical energy, he proposed psychic energy could be converted into behavior. The id acts according to the pleasure principle, demanding immediate gratification of its needs regardless of external environment; the ego then must emerge in order to realistically meet the wishes and demands of the id in accordance with the outside world, adhering to the reality principle. Finally, the superego conscience inculcates moral judgment and societal rules upon the ego, thus forcing the demands of the id to be met not only realistically but morally. According to Freud, personality is based on the dynamic interactions of these three components. Freud proposed five psychosexual stages of personality development. He believed adult personality is dependent upon early childhood experiences and largely determined by age five. Adler believed that the oldest child was the individual who would set high achievement goals in order to gain attention lost when the younger siblings were born. He believed the middle children were competitive and ambitious. He added, however, that the middle children were often not as concerned about the glory attributed with their behavior. He also believed the youngest would be more dependent and sociable. Adler finished by surmising that an only child loves being the center of attention and matures quickly but in the end fails to become independent. He used narcissism as a model of how people develop their sense of self. In other words, children need to idealize and emotionally "sink into" and identify with the idealized competence of admired figures such as parents or older siblings. They also need to have their self-worth mirrored by these people. These experiences allow them to thereby learn the self-soothing and other skills that are necessary for the development of a healthy sense of self. Another important figure in the world of personality theory is Karen Horney. She is credited with the development of the "real self" and the "ideal self". She believes all people have these two views of their own self. The "real self" is how humans act with regard to personality, values, and morals; but the "ideal self" is a construct individuals implement in order to conform to social and personal norms. Behaviorist theories[edit] Behaviorists explain personality in terms of the effects external stimuli have on behavior. The approaches used to analyze the behavioral aspect of personality are known as behavioral theories or learning-conditioning theories. These approaches were a radical shift away from Freudian philosophy. One of the major tenets of this concentration of personality psychology is a strong emphasis on scientific thinking and experimentation. This school of thought was developed by B. Skinner who put forth a model which emphasized the mutual interaction of the person or "the organism" with its environment. Skinner believed children do bad things because the behavior obtains attention that serves as a reinforcer. These are the response, and consequences. The response is the child crying, and the attention that child gets is the reinforcing consequence. Skinner put forward a "three term contingency model" which helped promote analysis of behavior based on the "Stimulus - Response - Consequence Model" in which the critical question is: An attitude develops as the response strength the tendency to respond in the presences of a group of stimuli become stable. Rather than describing conditionable traits in non-behavioral language, response strength in a given situation accounts for the environmental portion. Herrstein also saw traits as having a large genetic or biological component, as do most modern behaviorists. He is well known for his classical conditioning experiments involving dogs, which led him to discover the foundation of behaviorism. Cognitive theories are theories of personality that emphasize cognitive processes, such as thinking and judging. Albert Bandura , a social learning theorist suggested the forces of memory and emotions worked in conjunction with environmental influences. Bandura was known mostly for his " Bobo doll experiment ". During these experiments, Bandura video taped a college student kicking and verbally abusing a bobo doll. He then showed this video to a class of kindergarten children who were getting ready to go out to play. When they entered the play room, they saw bobo dolls, and some hammers. The people observing these children at play saw a group of children beating the doll. He called this study and his findings observational learning, or modeling. Early examples of approaches to cognitive style are listed by Baron Baron relates early development of cognitive approaches of personality to ego psychology. More central to this field have been: Attributional style theory [19] dealing with different ways in which people explain events in their lives. This approach builds upon locus of control, but extends it by stating we also need to consider whether people attribute to stable causes or variable causes, and to global causes or specific causes. Various scales have been developed to assess both attributional style and locus of control.

Locus of control scales include those used by Rotter and later by Duttweiler, the Nowicki and Strickland Locus of Control Scale for Children and various locus of control scales specifically in the health domain, most famously that of Kenneth Wallston and his colleagues, The Multidimensional Health Locus of Control Scale. His work refers to "Cognitive Affective Units", and considers factors such as encoding of stimuli, affect, goal-setting, and self-regulatory beliefs. The term "Cognitive Affective Units" shows how his approach considers affect as well as cognition. Developed by Seymour Epstein, CEST argues that humans operate by way of two independent information processing systems: The experiential system is fast and emotion-driven. The rational system is slow and logic-driven. These two systems interact to determine our goals, thoughts, and behavior. But because people are naive scientists, they sometimes employ systems for construing the world that are distorted by idiosyncratic experiences not applicable to their current social situation. Accordingly, humanistic psychology focuses on subjective experiences of persons as opposed to forced, definitive factors that determine behavior. This journal was primarily focused on viewing individuals as a whole, rather than focusing solely on separate traits and processes within the individual. White wrote the book *The Abnormal Personality* that became a standard text on abnormal psychology. He also investigated the human need to strive for positive goals like competence and influence, to counterbalance the emphasis of Freud on the pathological elements of personality development. Maslow believes all who are interested in growth move towards self-actualizing growth, happiness, satisfaction views. Many of these people demonstrate a trend in dimensions of their personalities. Characteristics of self-actualizers according to Maslow include the four key dimensions:

Chapter 4 : 5 Ways to Change Your Whole Personality - wikiHow

Thoughts Form Character "As a man "thinketh in his heart, so is he" (Proverbs).Many thoughts make up the unwritten history of a single day, and these thoughts have much to do with the formation of character.

The topic of suicide has received a large amount of attention in the media as of late with celebrity suicides. Self-harm, suicide attempts and suicidal thoughts are a part of living with borderline personality disorder. They are a distinguishing symptom when making this diagnosis. Most importantly, I will share my hope. BPD and Suicidal Thoughts: What Do the Numbers Say? Like many diagnosed with borderline personality disorder, I have struggled with suicidality for most of my adult life. This rate is 50 times greater than that found in the general population. Some of this behavior may or may not coincide with being suicidal. Borderline personality disorder occurso-ocurrs with substance abuse, as it did for me, and this combination increases the risk factor substantially for suicide. I am a survivor and you can be too. We can get through this together. Only my boyfriends and closest family members knew what was going on. Certainly, my colleagues wondered as I was absent for periods of time and I hinted to some of my closer friends. It stung when loved ones who stared at me like a deer in headlights when I told them how I felt. Suicidal thoughts do not discriminate based on intelligence, educational level, race, or ability. Two Masters degrees did not protect me from feeling suicidal. What I needed in those moments was unconditional support and love. The right things to say included: You are strong enough. How can I be supportive? Sometimes I just needed those around me to acknowledge that I was in emotional pain. I needed to be allowed to be honest about how I was feeling, without judgment and without the assumption that there was a switch I could hit to make the feelings go away. What may distinguish a person with BPD from others who are suicidal is that we are often quite vocal about our suicidal feelings. The recovery rates can be high and the treatment prognosis is good. Successful treatment involves learning to use tools to self-soothe and cope with emotional pain so we have other choices than contemplating ending our own lives. I am incredibly grateful that somehow, I stayed safe all those years despite my suicidal thoughts and BPD. This too shall pass. If I can get through this, you can too. Sources Oldham, John M. Borderline Personality Disorder and Suicidality. American Journal of Psychiatry. Whitney Easton Whitney is a writer, blogger, and social media enthusiast. She believes in the power of the digital world to create positive change when mixed with the right intentions. She dreams of one day writing her memoir and traveling the country to speak about her experience living with and recovering from borderline personality disorder. View all posts by Whitney Easton.

Chapter 5 : Defining Features of Personality Disorders: Distorted Thinking Patterns

Changing personality is usually considered a tough process, but openness is a personality trait that's been shown to be subject to change in adulthood. In a study.

Measuring[edit] Personality can be determined through a variety of tests. However, dimensions of personality and scales of personality tests vary and often are poorly defined. Examples of such tests are the: Five-factor model[edit] Personality is often broken into statistically-identified factors called the Big Five , which are openness to experience , conscientiousness , extraversion , agreeableness , and neuroticism or emotional stability. The implications of these findings can help identify children that are more likely to experience episodes of depression and develop types of treatment that such children are likely to respond to. In both children and adults, research shows that genetics, as opposed to environmental factors, exert a greater influence on happiness levels. Personality is not stable over the course of a lifetime, but it changes much more quickly during childhood, so personality constructs in children are referred to as temperament. Temperament is regarded as the precursor to personality. This model measures levels of emotionality, activity, sociability, and shyness in children. The personality theorists consider temperament EAS model similar to the Big Five model in adults; however, this might be due to a conflation of concepts of personality and temperament as described above. Findings show that high degrees of sociability and low degrees of shyness are equivalent to adult extraversion, and correlate with higher levels of life satisfaction in children. Another interesting finding has been the link found between acting extraverted and positive affect. Extraverted behaviors include acting talkative, assertive, adventurous, and outgoing. For the purposes of this study, positive affect is defined as experiences of happy and enjoyable emotions. In other words, the study focused on the benefits and drawbacks of introverts people who are shy, socially inhibited and non-aggressive acting extraverted, and of extraverts acting introverted. When people act in a contrary fashion, they divert most, if not all, cognitive energy toward regulating this foreign style of behavior and attitudes. Because all available energy is being used to maintain this contrary behavior, the result is an inability to use any energy to make important or difficult decisions, plan for the future, control or regulate emotions, or perform effectively on other cognitive tasks. The two types of explanations attempt to account for this difference are instrumental theories and temperamental theories. The temperamental theory suggests that extraverts have a disposition that generally leads them to experience a higher degree of positive affect. In their study of extraversion, Lucas and Baird [4] found no statistically significant support for the instrumental theory but did, however, find that extraverts generally experience a higher level of positive affect. Research has been done to uncover some of the mediators that are responsible for the correlation between extraversion and happiness. Self-esteem and self-efficacy are two such mediators. Self-efficacy has been found to be related to the personality traits of extraversion and subjective well-being. Another such factor may be self-esteem. Individuals with a greater degree of confidence about themselves and their abilities seem to have both higher degrees of subjective well-being and higher levels of extraversion. The four temperaments, harm avoidance, reward dependence, novelty seeking and persistence are somewhat analogous to ancient conceptions of melancholic, sanguine, choleric, phlegmatic personality types, although the temperaments reflect dimensions rather than distance categories. While factor based approaches to personality have yielded models that account for significant variance, the developmental biological model has been argued to better reflect underlying biological processes. Distinct genetic, neurochemical and neuroanatomical correlates responsible for each temperamental trait have been observed, unlike with five factor models. The harm avoidance trait has been associated with increased reactivity in insular and amygdala salience networks, as well as reduced 5-HT₂ receptor binding peripherally, and reduced GABA concentrations. Novelty seeking has been associated with reduced activity in insular salience networks increased striatal connectivity. Novelty seeking correlates with dopamine synthesis capacity in the striatum, and reduced auto receptor availability in the midbrain. Reward dependence has been linked with the oxytocin system, with increased concentration of plasma oxytocin being observed, as well as increased volume in oxytocin related regions of the hypothalamus. Persistence has been associated with

increased striatal- mPFC connectivity, increased activation of ventral striatal-orbitofrontal-anterior cingulate circuits, as well as increased salivary amylase levels indicative of increased noradrenergic tone. The different styles of attachment, labelled by Ainsworth, were Secure, Ambivalent, avoidant, and disorganized. Children who were securely attached tend to be more trusting, sociable, and are confident in their day-to-day life. Children who were disorganized were reported to have higher levels of anxiety, anger, and risk-taking behavior. Moderation Effect of Attachment Security talked about laboratory tests. The study mainly focused on the effects of life experiences on change in personality on and life experiences. The assessments suggested that "the accumulation of small daily experiences may work for the personality development of university students and that environmental influences may vary by individual susceptibility to experiences, like attachment security". Some people think that personality comes entirely from culture and therefore there can be no meaningful study in cross-culture study. On the other hand, others believe that some elements are shared by all cultures and an effort is being made to demonstrate the cross-cultural applicability of "the Big Five". If there is a common foundation of personality, then it can be studied on the basis of human traits rather than within certain cultures. This can be measured by comparing whether assessment tools are measuring similar constructs across countries or cultures. Two approaches to researching personality are looking at emic and etic traits. Emic traits are constructs unique to each culture, which are determined by local customs, thoughts, beliefs, and characteristics. Etic traits are considered universal constructs, which establish traits that are evident across cultures that represent a biological bases of human personality. However, the idea that personality traits are universal across cultures is supported by establishing the Five Factor Model of personality across multiple translations of the NEO-PI-R, which is one of the most widely used personality measures. The five factors continued to be supported both conceptually and statistically across major regions of the world, suggesting that these underlying factors are common across cultures. Differences across cultures could be due to real cultural differences, but they could also be consequences of poor translations, biased sampling, or differences in response styles across cultures. Despite seeking only impersonal reasons for their conclusions, James argued, the temperament of philosophers influenced their philosophy. Temperament thus conceived is tantamount to a bias. Such bias, James explained, was a consequence of the trust philosophers place in their own temperament. James thought the significance of his observation lay on the premise that in philosophy an objective measure of success is whether a philosophy is peculiar to its philosopher or not, and whether a philosopher is dissatisfied with any other way of seeing things or not. As in most modern trait theories, the traits of each camp are described by James as distinct and opposite, and may be possessed in different proportions on a continuum, and thus characterize the personality of philosophers of each camp. The "mental make-up" i. The tendency of rationalist philosophers toward refinement and superficiality never satisfied an empiricist temper of mind. Rationalism leads to the creation of closed systems, and such optimism is considered shallow by the fact-loving mind, for whom perfection is far off. Empiricists , on the other hand, stick with the external senses rather than logic. Locke explains the identity of a person, i. The identity of a person, is quite distinct from the identity of a man, woman, or substance according to Locke. Locke concludes that consciousness is personality because it "always accompanies thinking, it is that which makes every one to be what he calls self," [26] and remains constant in different places at different times. Thus his explanation of personal identity is in terms of experience as James indeed maintained is the case for most empiricists. Benedictus Spinoza " Rationalists conceived of the identity of persons differently than empiricists such as Locke who distinguished identity of substance, person, and life. According to Locke, Rene Descartes " agreed only insofar as he did not argue that one immaterial spirit is the basis of the person "for fear of making brutes thinking things too. The passive faculty, Descartes argued, simply receives, whereas the active faculty produces and forms ideas, but does not presuppose thought, and thus cannot be within the thinking thing. On the contrary, from within, Spinoza argued, perceptions connect various ideas clearly and distinctly. This stems from neuropsychology , which studies how the structure of the brain relates to various psychological processes and behaviors. For instance, in human beings , the frontal lobes are responsible for foresight and anticipation, and the occipital lobes are responsible for processing visual information. In addition, certain physiological functions such as hormone secretion also affect personality. For example, the hormone testosterone is

important for sociability, affectivity, aggressiveness , and sexuality. Personology[edit] Personology confers a multidimensional, complex, and comprehensive approach to personality. From a holistic perspective, personology studies personality as a whole, as a system, but in the same time through all its components, levels and spheres. Cult of personality , political institution in which a leader uses mass media to create a larger-than-life public image.

Chapter 6 : Personality psychology - Wikipedia

A personality trait that reflects a person's tendency to seek out and to appreciate new things, including thoughts, feelings, values, and experiences. Personality Enduring predispositions that characterize a person, such as styles of thought, feelings and behavior.

Your mental diet largely determines your character and your personality and almost everything that happens to you in life. What is a mental diet? You become more influential and persuasive. You enjoy greater self-esteem. You learn how to be confident. Mental fitness is like physical fitness. You develop high levels of self-esteem and a positive attitude with training and practice. Here are the seven keys to becoming a completely positive person: Use positive affirmations phrased in the positive, present, and personal tense. Here are some tips: The sad fact is that if you do not deliberately and consciously talk to yourself in a positive and constructive way, you will, by default, think about things that will make you unhappy, lower your self esteem, or cause you worry and social anxiety. As we said before, your mind is like a garden. If you do not deliberately plant flowers and tend carefully, weeds will grow without any encouragement at all. Discover your level of self-confidence and boost confidence in yourself. Create a clear, exciting picture of your goal and your ideal life, and replay this picture in your mind over and over. All improvement in your life begins with an improvement in your mental pictures. Decide today to associate with winners, with positive people, with people who are happy and optimistic and who are going somewhere with their lives. Avoid negative people at all costs. Resolve that from today onward, you are not going to have stressful or negative people in your life. Feed your mind with information and ideas that are uplifting and that make you feel happy and more confident about yourself and your world. Feed your mind continually with positive messages that help you think and act better and make you more capable and competent in your field. Watch positive and educational DVDs, educational television programs, online courses, and other uplifting material that increases your knowledge and makes you feel good about yourself and your life. Virtually all fortunes begin with the sale of personal services of some kind. All the people who are at the top today were once at the bottom, and sometimes they fell to the bottom several times. The miracle of lifelong learning and personal improvement is what takes you from rags to riches, from poverty to affluence, and from underachievement to success and financial independence. Resolve today that you are going to live to be eighty, ninety, or one hundred years old and still be dancing in the evenings. Eat healthy foods, natural and nutritious, and eat them sparingly and in proper balance. A nutritional diet will have an immediate, positive effect on your thoughts and feelings. Resolve to get regular exercise, at least two hundred minutes of motion per week, walking, running, swimming, bicycling, or working out on equipment in the gym. When you exercise on a regular basis, you feel happier and healthier and experience lower levels of stress and fatigue than a person who sits on the couch and watches television all evening. Especially, get ample rest and relaxation. You need to recharge your batteries on a regular basis, especially when you are going through periods of stress or difficulty. Seek balance in your life. Your expectations become your own self-fulfilling prophesies. Whatever you expect, with confidence, seems to come into your life. Since you can control your expectations, you should always expect the best. Expect to be successful. Expect to be popular when you meet new people. Expect to achieve great goals and create a wonderful life for yourself. When you constantly expect good things to happen, you will seldom be disappointed. Conclusion I hope you enjoyed this post on developing a more positive attitude with positive affirmations. Download my self-confidence assessment PDF to discover your own level of self-confidence today! Please leave a comment and share with your friends!

Chapter 7 : Borderline Personality Disorder: A Guide to Symptoms, Treatment, and Recovery

Healthy people differ significantly in their overall personality, mood, and behavior. Each person also varies from day to day, depending on the circumstances. However, a sudden, major change in personality and/or behavior, particularly one that is not related to an obvious event (such as taking a

Many thoughts make up the unwritten history of a single day, and these thoughts have much to do with the formation of character. Our thoughts are to be strictly guarded, for one impure thought makes a deep impression on the soul. An evil thought leaves an evil impress on the mind. If the thoughts are pure and holy, the man is better for having cherished them. By them the spiritual pulse is quickened and the power for doing good is increased. And as one drop of rain prepares the way for another in moistening the earth, so one good thought prepares the way for another. Messages to Young People, Power to Choose Thought Topics

“It is within the power of everyone to choose the topics that shall occupy the thoughts and shape the character. Requires Personal Effort” No one but yourself can control your thoughts. In the struggle to reach the highest standard, success or failure will depend much upon the character and the manner in which the thoughts are disciplined. If the thoughts are well girded, as God directs p. If the thoughts are right, then as a result the words will be right; the actions will be of that character to bring gladness and comfort and rest to souls. Thoughts to Be Trained

“The thoughts must be trained. Gird up the loins of the mind that it shall work in the right direction and after the order of well-formed plans; then every step is one in advance, and no effort or time is lost in following vague ideas and random plans. We must consider the aim and object of life, and ever keep worthy purposes in view. Every day the thoughts should be trained and kept to the point as the compass to the pole. Everyone should have his aims and purposes, and then make every thought and action of that character to accomplish that which he purposes. The thoughts must be controlled. There must be a fixedness of purpose to carry out that which you shall undertake. Training the Thoughts

“The actual discipline of life is made up of the little things. The training of the thoughts is essential. The training of the heart, the control of the thoughts, in cooperation with the Holy Spirit, will give control of the words. This is true wisdom, and will ensure quietness of mind, contentment and peace. There will be joy in the contemplation of the riches of the grace of God. Right thoughts, pure and holy purposes, do not come to us naturally. We shall have to strive for them. Captive Thoughts

“If the life is given into its control, the power of the truth is unlimited. The thoughts are p. From the treasure of the heart are brought forth appropriate and fitting words. Especially should our words be guarded. We should discipline the mind to think in a healthful channel and not permit it to dwell upon things that are evil. The thoughts must be bound about, restricted, withdrawn from branching out and contemplating things that will only weaken and defile the soul. The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to Heaven and helpful to your associates. A good man out of the good treasure of the heart bringeth forth good things: Overt Sin Manifests Latent Thoughts

“The season of temptation, under which, it may be, one falls into grievous sin, does not create the evil that is revealed but only develops or makes manifest that which was hidden and latent in the heart. He taught His hearers that the law was transgressed by the thoughts before the evil desire was carried out in actual commission. We are under obligation to control our thoughts and to bring them into subjection to the law of God. The noble powers of the mind have been given to us by the Lord that we may employ them in contemplating heavenly things. God has made abundant provision that the soul may make continual progression in the divine life. He has placed on every hand agencies to aid our development in knowledge and virtue. Natural Untrained Mind Acts Without High Motives

“The natural, selfish mind, if left to follow out its own evil desires, will act without high motives, without reference to the glory of God or the benefit of mankind. The thoughts will be evil, and only evil, continually The Spirit of God produces a new life in the soul, bringing the thoughts and desires into obedience to the will of Christ. Adversary Cannot Read Thoughts

“The adversary of souls is not permitted to read the thoughts of men; but he is a keen observer, and he marks the words; he takes account of actions, and skillfully adapts his temptations to meet the cases of those who place themselves in his power. If we would labor to repress sinful thoughts and feelings, giving

them no expression in words or actions, Satan would be defeated; for he could not prepare his specious temptations to meet the case. But how often do professed Christians, by their lack of self-control, open the door to the adversary of souls! Many Troubled by Evil Thoughtsâ€”There are many who are really troubled because low, debasing thoughts p. Satan takes advantage of the weaknesses and defects of character that are thus revealed and presses his temptations where there is the least power of resistance. He makes evil suggestions and inspires worldly thoughts, knowing that he can thus bring the soul into condemnation and bondage. To those who are selfish, worldly, avaricious, proud, faultfinding, or given to detractionâ€”to all who are cherishing errors and defects of characterâ€”Satan presents the indulgence of self and leads the soul off upon a track that the Bible condemns, but which he makes appear attractive. For every class of temptations there is a remedy. We are not left to ourselves to fight the battle against self and our sinful natures in our own finite strength. Jesus is a mighty helper; a never-failing support The mind must be restrained and not allowed to wander. It should be trained to dwell upon the Scriptures and upon noble, elevating themes. Portions of Scripture, even whole chapters, may be committed to memory, to be repeated when Satan comes in with his temptations The Only Security Is Right Thinkingâ€”We need a constant sense of the ennobling power of pure thoughts and the damaging influence of evil thoughts. Let us place our thoughts upon holy things. Let them be pure and true, for the only security for any soul is right thinking. We are to use every means that God has placed within our reach for the government and cultivation of our thoughts. We are to bring our minds into harmony with His mind. His truth will sanctify us, body and soul and spirit. But they cannot receive increased light who allow their thoughts to run constantly upon frivolous things. The mind should be stored with heavenly treasure, with food that will enable us to grow spiritually, and thus prepare us for a holy heaven. Our High Calling, Provision Made to Elevate Thoughtsâ€”God has made every provision whereby our thoughts may become purified, elevated, refined, and ennobled. He has not only promised to cleanse us from all unrighteousness, but He has made an actual provision for the supply of grace that will lift our thoughts toward Him and enable us to appreciate His holiness. Prepared by heavenly grace, we become clothed with the righteousness of Christ, in the wedding garment, and are fitted to sit down at the marriage supper. We become one with Christ, partakers of the divine nature, purified, refined, elevated, and acknowledged to be the children of Godâ€”heirs of God and joint heirs with Jesus Christ. Through Christ you may and should be happy and should acquire habits of self-control. Even your thoughts must be brought into subjection to the will of God and your feelings under the control of reason and religion. Your imagination was not given you to be allowed to run riot and have its own way without any effort at restraint or discipline. If the thoughts are wrong, the feelings will be wrong, and the thoughts and feelings combined make up the moral character. When you decide that as Christians you p. If you yield to your impressions and allow your thoughts to run in a channel of suspicion, doubt, and repining, you will be among the most unhappy of mortals, and your lives will prove a failure. This will not be an easy task; you cannot accomplish it without close and even severe effort. Yet God requires this of you; it is a duty resting upon every accountable being. You are responsible to God for your thoughts. If you indulge in vain imaginations, permitting your mind to dwell upon impure subjects, you are, in a degree, as guilty before God as if your thoughts were carried into action. All that prevents the action is the lack of opportunity. Day and night dreaming and castle-building are bad and exceedingly dangerous habits. When once established, it is next to impossible to break up such habits and direct the thoughts to pure, holy, elevated themes. You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt thoughts from staining your soul. The power of grace alone can accomplish this most desirable work. You are weak in this direction. They must commence early to unfold the Scriptures before the expanding minds of their children that proper habits and tastes may be formed The elements of evil cannot be exterminated except by p. Avoid Negative Thinkingâ€”As we are not our own, as we are bought with a price, it is the duty of everyone who professes to be a Christian to keep his thoughts under the control of reason and oblige himself to be cheerful and happy. However bitter may be the cause of his grief, he should cultivate a spirit of rest and quietude in God. The restfulness which is in Christ Jesus, the peace of Christ, how precious, how healing its influence, how soothing to the oppressed soul! However dark his prospects, let him cherish a spirit to hope for good. While nothing is gained by despondency, much is lost.

While cheerfulness and a calm resignation and peace will make others happy and healthy, it will be of the greatest benefit to oneself. Sadness and talking of disagreeable things is encouraging the disagreeable scenes, bringing back upon oneself the disagreeable effect. God wants us to forget all theseâ€”not look down but up, up! Peril of Dwelling on Earthly Thingsâ€”If your thoughts, your plans, your purposes, are all directed toward the accumulation of the things of earth, your anxiety, your study, your interests, will all be centered upon the world. The heavenly attractions will lose their beauty Your heart will be with your treasure You will have no time to devote to the study of the Scriptures and to earnest prayer that you may escape the snares of Satan.

Chapter 8 : How To Be More Positive: 7 Keys To Build Self-Confidence | Brian Tracy

Borderline personality disorder is a mental illness marked by an ongoing pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships. People with borderline personality disorder may experience intense episodes of anger.

Describe how the facet approach extends broad personality traits. Explain a critique of the personality-trait concept. Describe in what ways personality traits may be manifested in everyday behavior. Describe each of the Big Five personality traits, and the low and high end of the dimension. Give examples of each of the Big Five personality traits, including both a low and high example. Describe how traits and social learning combine to predict your social activities. Describe your theory of how personality traits get refined by social learning.

Introduction When we observe people around us, one of the first things that strikes us is how different people are from one another. Some people are very talkative while others are very quiet. Some are active whereas others are couch potatoes. Some worry a lot, others almost never seem anxious. Personality psychologists try to describe and understand these differences. But research shows that these traits and others are quite variable within individuals. Nguyen Hung Vu, <https://www.researchgate.net/publication/312111111>: According to trait psychologists, there are a limited number of these dimensions dimensions like Extraversion, Conscientiousness, or Agreeableness , and each individual falls somewhere on each dimension, meaning that they could be low, medium, or high on any specific trait. An important feature of personality traits is that they reflect continuous distributions rather than distinct personality types. This means that when personality psychologists talk about Introverts and Extraverts, they are not really talking about two distinct types of people who are completely and qualitatively different from one another. Instead, they are talking about people who score relatively low or relatively high along a continuous distribution. In fact, when personality psychologists measure traits like Extraversion , they typically find that most people score somewhere in the middle, with smaller numbers showing more extreme levels. The figure below shows the distribution of Extraversion scores from a survey of thousands of people. As you can see, most people report being moderately, but not extremely, extraverted, with fewer people reporting very high or very low scores. Distribution of Extraversion Scores in a Sample Higher bars mean that more people have scores of that level. This figure shows that most people score towards the middle of the extraversion scale, with fewer people who are highly extraverted or highly introverted. There are three criteria that are characterize personality traits: To have a personality trait, individuals must be somewhat consistent across situations in their behaviors related to the trait. For example, if they are talkative at home, they tend also to be talkative at work. Individuals with a trait are also somewhat stable over time in behaviors related to the trait. If they are talkative, for example, at age 30, they will also tend to be talkative at age 40. People differ from one another on behaviors related to the trait. Using speech is not a personality trait and neither is walking on two feet—virtually all individuals do these activities, and there are almost no individual differences. But people differ on how frequently they talk and how active they are, and thus personality traits such as Talkativeness and Activity Level do exist. A challenge of the trait approach was to discover the major traits on which all people differ. Scientists for many decades generated hundreds of new traits, so that it was soon difficult to keep track and make sense of them. Their approach was guided by the lexical hypothesis , which states that all important personality characteristics should be reflected in the language that we use to describe other people. Therefore, if we want to understand the fundamental ways in which people differ from one another, we can turn to the words that people use to describe one another. So if we want to know what words people use to describe one another, where should we look? Allport and Odbert looked in the most obvious place—the dictionary. Statistical techniques were used to determine whether a small number of dimensions might underlie all of the thousands of words we use to describe people. The Five-Factor Model of Personality Research that used the lexical approach showed that many of the personality descriptors found in the dictionary do indeed overlap. In other words, many of the words that we use to describe people are synonyms. Thus, if we want to know what a person is like, we do not necessarily need to ask how sociable they are, how friendly they are, and how gregarious they are. Instead, because sociable people tend to be friendly and

gregarious, we can summarize this personality dimension with a single term. Statistical methods specifically, a technique called factor analysis helped to determine whether a small number of dimensions underlie the diversity of words that people like Allport and Odbert identified. The Big Five comprises five major traits shown in the Figure 2 below. Figure 3 provides descriptions of people who would score high and low on each of these traits. Example behaviors for those scoring low and high for the big 5 traits Scores on the Big Five traits are mostly independent. For example, a person can be extremely high in Extraversion and be either high or low on Neuroticism. Similarly, a person can be low in Agreeableness and be either high or low in Conscientiousness. You can take this test to see where you stand in terms of your Big Five scores. John Johnson has also created a helpful website that has personality scales that can be used and taken by the general public: For instance, think about the factors that determine success in college. If you were asked to guess what factors predict good grades in college, you might guess something like intelligence. This guess would be correct, but we know much more about who is likely to do well. Specifically, personality researchers have also found the personality traits like Conscientiousness play an important role in college and beyond, probably because highly conscientious individuals study hard, get their work done on time, and are less distracted by nonessential activities that take time away from school work. In addition, highly conscientious people are often healthier than people low in conscientiousness because they are more likely to maintain healthy diets, to exercise, and to follow basic safety procedures like wearing seat belts or bicycle helmets. Over the long term, this consistent pattern of behaviors can add up to meaningful differences in health and longevity. Thus, personality traits are not just a useful way to describe people you know; they actually help psychologists predict how good a worker someone will be, how long he or she will live, and the types of jobs and activities the person will enjoy. Thus, there is growing interest in personality psychology among psychologists who work in applied settings, such as health psychology or organizational psychology.

Facets of Traits Subtraits

So how does it feel to be told that your entire personality can be summarized with scores on just five personality traits? Most people would probably say no, pointing to some exception in their behavior that goes against the general pattern that others might see. For instance, you may know people who are warm and friendly and find it easy to talk with strangers at a party yet are terrified if they have to perform in front of others or speak to large groups of people. The fact that there are different ways of being extraverted or conscientious shows that there is value in considering lower-level units of personality that are more specific than the Big Five traits. These more specific, lower-level units of personality are often called facets.

Facets of Traits

To give you a sense of what these narrow units are like, Figure 4 shows facets for each of the Big Five traits. The list seen here, based on work by researchers Paul Costa and Jeff McCrae, thus reflects just one possible list among many. It should, however, give you an idea of some of the facets making up each of the Five-Factor Model. Facets can be useful because they provide more specific descriptions of what a person is like. Because different facets within a broad, global trait like extraversion tend to go together those who are gregarious are often but not always assertive, the broad trait often provides a useful summary of what a person is like. But when we really want to know a person, facet scores add to our knowledge in important ways. Some suggest that there are more than five major traits, or perhaps even fewer. For example, in one of the first comprehensive models to be proposed, Hans Eysenck suggested that Extraversion and Neuroticism are most important. So for instance, a neurotic introvert would be shy and nervous, while a stable introvert might avoid social situations and prefer solitary activities, but he may do so with a calm, steady attitude and little anxiety or emotion. For instance, he suggested that introverts experienced too much sensory stimulation and arousal, which made them want to seek out quiet settings and less stimulating environments. More recently, Jeffrey Gray suggested that these two broad traits are related to fundamental reward and avoidance systems in the brain—extraverts might be motivated to seek reward and thus exhibit assertive, reward-seeking behavior, whereas people high in neuroticism might be motivated to avoid punishment and thus may experience anxiety as a result of their heightened awareness of the threats in the world around them Gray, These early theories have led to a burgeoning interest in identifying the physiological underpinnings of the individual differences that we observe. This model is similar to the Big Five, but it posits slightly different versions of some of the traits, and its proponents argue that one important class of individual differences was omitted from the

Five-Factor Model. People high in this trait are sincere, fair, and modest, whereas those low in the trait are manipulative, narcissistic, and self-centered. Thus, trait theorists are agreed that personality traits are important in understanding behavior, but there are still debates on the exact number and composition of the traits that are most important. There are other important traits that are not included in comprehensive models like the Big Five. Although the five factors capture much that is important about personality, researchers have suggested other traits that capture interesting aspects of our behavior. In Figure 5 below we present just a few, out of hundreds, of the other traits that have been studied by personologists. Other Traits Beyond Those Included in the Big Five Not all of the above traits are currently popular with scientists, yet each of them has experienced popularity in the past. Although the Five-Factor Model has been the target of more rigorous research than some of the traits above, these additional personality characteristics give a good idea of the wide range of behaviors and attitudes that traits can cover. The Person-Situation Debate and Alternatives to the Trait Perspective The way people behave is only in part a product of their natural personality. Situations also influence how a person behaves. When asked to think about what our friends, enemies, family members, and colleagues are like, some of the first things that come to mind are their personality characteristics. We might think about how warm and helpful our first teacher was, how irresponsible and careless our brother is, or how demanding and insulting our first boss was. But what if this idea were wrong? What if our belief in personality traits were an illusion and people are not consistent from one situation to the next? This was a possibility that shook the foundation of personality psychology in the late s when Walter Mischel published a book called *Personality and Assessment*. In other words, children who cheat on tests at school may steadfastly follow all rules when playing games and may never tell a lie to their parents. In other words, he suggested, there may not be any general trait of honesty that links these seemingly related behaviors. Furthermore, Mischel suggested that observers may believe that broad personality traits like honesty exist, when in fact, this belief is an illusion. Because of the findings that Mischel emphasized, many psychologists focused on an alternative to the trait perspective. For instance, although there may not be a broad and general trait of honesty, some children may be especially likely to cheat on a test when the risk of being caught is low and the rewards for cheating are high. Others might be motivated by the sense of risk involved in cheating and may do so even when the rewards are not very high. Because of this, the same child might act very differently in different situations. If so, then studying these broad traits might be more fruitful than cataloging and measuring narrow, context-free traits like Extraversion or Neuroticism. And, as is often the case, it turns out that a more moderate middle ground than what the situationists proposed could be reached.

Chapter 9 : Personality disorders - Symptoms and causes - Mayo Clinic

Dissociative identity disorder (previously known as multiple personality disorder) is thought to be a complex psychological condition that is likely caused by many factors, including severe trauma.

Find More Attorneys The Human Brain The human brain is a unique and complex structure; it facilitates vital and complicated physiological and psychological functions such as consciousness, mobility, emotion, and personality. Different parts of the brain are responsible for specific functions. Injury affecting any one part of the brain may rob a person of many essential faculties. Human Brain Anatomy The human brain is the powerhouse and control center for all physiological and cognitive functions. The brain controls lower, unconscious physiological activities such as breathing, pulse, and digestion; and higher, conscious activities such as thinking, reasoning, and feeling. The human brain is unique because it contains billions of neurological connections that work together to carry out complex functions. Brain injury disrupts neurological connections, which impairs normal brain function. Following injury, function impairment is dependant on where in the brain the damage occurs and how many areas are affected. Open head brain injury often damages a specific brain area, such as the location where an object penetrates brain tissue. Closed head brain injury damages several brain areas. Closed head brain injury swelling, or diffuse axonal injury, shear and destroy nerve fibers, leaving neurons unable to communicate to carry out functions. Four primary regions are the brainstem, the cerebellum, the cerebrum, and the cerebral cortex. Each brain region is responsible for a variety of functions, and injury to any of these regions impairs specific functions. Brainstem The brainstem is connected to the spinal cord at the back of the brain. The brainstem controls unconscious functions such as respiration, digestion, and pulse. Three structures comprise the brainstem: The midbrain controls eye movement and focus. The pons sends signals back and forth between the cerebrum and cerebellum. The medulla oblongata controls respiration, blood pressure, pulse rate, and digestion. As the brainstem is responsible for vital survival functions, brain injury that damages the brainstem is often fatal. People who survive brainstem injury usually require assistance with simple physical functions like breathing and regulating pulse.