

Chapter 2: Personality, Self-Esteem, and Emotions

2.1 Personality

- 1) Your _____ consists of the behaviors, attitudes, feelings, and ways of thinking that make you an individual.
- 2) A _____ studies how people think, feel, and behave.
- 3) Extroversion
 - a. This trait describes how much you like being with other _____.
 - b. An _____ tends to be shy, quiet, and reserved.
- 4) Agreeableness
 - a. This trait describes your tendency to relate to other people in a _____ way.
 - b. People who are _____ tend to be suspicious or hostile.
- 5) Conscientiousness
 - a. This trait describes how responsible and _____ - _____ you are.
 - b. On the other end of the scale are people who do not think through decisions, are careless, and easily _____.
- 6) Emotional Stability
 - a. People who are emotionally stable tend to be relaxed, _____, and _____, even during difficult situations.
 - b. On the other end of the scale are people who are _____, worried, and _____.
- 7) Openness to Experiences
 - a. People who are open to new experiences tend to be _____, _____, and creative.
 - b. People who are less open tend to be more _____ and less _____.
- 8) Personality traits are influenced by a combination of _____ and _____.
 - a. Infants are born with distinct tendencies to act in _____ ways.
 - b. Your family, your friends, and your _____ group are important parts of your _____.
- 9) Stages of Personality Development
 - a. _____
 - b. _____ to be _____
 - c. _____ Initiative
 - d. _____
 - e. _____ for _____
 - f. _____
 - g. _____ and _____
 - h. _____ with Acceptance

2.2 Self-Esteem

- 10) _____ - _____ refers to how much you respect yourself and like yourself.
- 11) People with high self-esteem _____ themselves for who they are.
- Realistic view of their strengths and weaknesses
 - _____ a positive attitude
- 12) Risks of Low self-esteem
- Don't have much respect for _____
 - Judge themselves _____
 - _____ too much about what others think of them
- 13) Boost your self-esteem
- Maintain a positive attitude
 - Focus on your _____
 - Form _____ relationships
 - Set goals for yourself
 - Avoid _____ behaviors
 - Ask for help
 - Be _____
- 14) Self-esteem is not _____. It can increase or decrease as people interact with their family, their peers, and their community.
- 15) Self-esteem drops in early _____, increases gradually during adulthood, and decreases again toward the end of life.
- 16) Adolescence
- It is normal for teens to be critical of their _____, their abilities, their _____, and their shortcomings (faults).
- 17) Adulthood
- Adults begin to accomplish their _____ and take control of their lives.
- 18) Improving Your self-esteem
- Don't base your self-esteem solely on other people's _____ of you.
 - Focus on your accomplishments, your _____, and your contributions to your family and _____.
 - Make a list of your _____ and weaknesses
 - Set ambitious, but realistic goals for yourself
 - Don't be too hard on _____
 - Rely on your _____.
 - Learn to accept compliments
 - _____ beyond your own concerns.
 - Do not focus too much on appearance.

2.3 Expressing your Emotions

- 19) An _____ is a reaction to a situation that involves your mind, body, and behavior.

- 20) _____ are emotions that are expressed by people in all cultures.
- a. Examples of primary emotions are
 - i. Happiness
 - ii. Sadness
 - iii. _____
 - iv. _____
- 21) _____ is a normal response to pleasant events in one's life.
- 22) _____ is a normal response to disappointing events in your life.
- 23) _____ is helpful when it provides you with the energy necessary to try to change things.
- 24) Fear can be a helpful _____ because it can lead you to run from life-threatening situations.
- 25) Some emotions are not expressed in the same way by all people. These emotions are called social emotions, or _____.
- a. Examples
 - i. Love
 - ii. _____
 - iii. _____
- 26) _____ can be a helpful emotion.
- a. Guilt can stop you from doing something you know is wrong, or it can make you take action to correct something you've done.
- 27) _____ is different from guilt because it focuses on the person rather than the action.
- a. Shame can be harmful because it lowers _____ - _____.
- 28) Recognizing your emotions
- a. Name the emotion you are _____
 - b. _____ what triggered the emotion
 - c. Think back to past times that you felt the same way
- 29) A _____ is a way of dealing with an uncomfortable or unbearable feeling or situation.
- a. Coping strategies are helpful when they improve a situation or allow a person to handle a situation in a better way.
- 30) Helpful ways of coping
- a. Confront the situation _____ - _____.
 - b. Release your built-up energy by exercising, cleaning your room, or being active
 - c. Take a _____
 - d. Talking through your _____
- 31) Harmful ways of coping
- a. People may respond in unhealthy ways to intense _____.
 - b. Using _____ or other _____ is an example of a harmful coping strategy.
 - c. _____ from friends and family is another.