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 scare are people who do not think through decisions, are careless, and easily ______________.

6) Emotional Stability
   a. People who are emotional stable tend to be relaxed, ________, and ________, even during difficult situations.
   b. On the other end of the scare 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.
   a. Realistic view of their strengths and weaknesses
   b. ____________ a positive attitude
12) Risks of Low self-esteem
   a. Don’t have much respect for ____________
   b. Judge themselves ____________
   c. ________ too much about what others think of them
13) Boost your self-esteem
   a. Maintain a positive attitude
   b. Focus on your ____________
   c. Form ____________ relationships
   d. Set goals for yourself
   e. Avoid ____________ behaviors
   f. Ask for help
   g. 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
   a. It is normal for teens to be critical of their ____________, their abilities, their ____________, and their shortcomings (faults).
17) Adulthood
   a. Adults begin to accomplish their ____________ and take control of their lives.
18) Improving Your self-esteem
   a. Don’t base your self-esteem solely on other people’s ____________ of you.
   b. Focus on your accomplishments, your ____________, and your contributions to your family and ____________.
   c. Make a list of your ____________ and weaknesses
   d. Set ambitious, but realistic goals for yourself
   e. Don’t be too hard on ____________
   f. Rely on your ____________
   g. Learn to accept compliments
   h. ____________ beyond your own concerns.
   i. 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 be 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.