

How the Grinch Stole Psychology

Personality

AP Psychology
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Adapted from blogs.reeths-puffer.org and Niland



Sigmund Freud

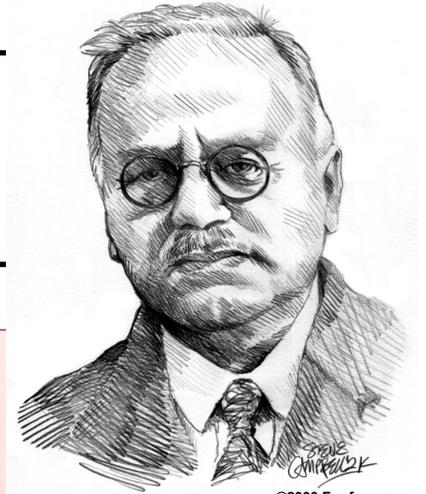


Psychoanalytic Approach

Freudian Concepts

- ***ID***: a large part of our unconscious mind; a reservoir of psychic energy; operates on the pleasure principle; seeks immediate gratification
- ***Projection***: a defense mechanism wherein a person disguises their own threatening impulses by attributing them to others
- ***Oral Aggression or Sadistic***: occurs when child is over stimulated during the oral stage (0-1); an acting out of unresolved oral issues resulting in aggression and hostility; eating/chewing violently

Alfred Adler



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Individual Psychological Approach

Adlerian Concepts:

- ***Organic Source of Inferiority***: each of us has weaker parts of your anatomy or physiology (heart murmur, weak lungs, kidneys or liver)
- ***Superiority Complex***: an exaggerated opinion of one's self and abilities; covering up your inferiority by pretending to be superior (I feel small, so I make others feel smaller)
- ***Avoiding Style of Life***: an avoiding style stays safe, doesn't face life's problems as to avoid failure
- ***Social Interest***: innate or instinctive potential to cooperate with others and serve society

Karen Horney



Neo-psychoanalytic Approach

Horneyan concepts:

- ***Basic Anxiety***: pervasive feelings of helplessness and loneliness
- ***Self-Protective Mechanism of Attaining Power***: “If I have power, no one can hurt me.”
- ***Aggressive Personality***: characterized by dominating and controlling others
- ***Neurotic Needs for Power and Exploitation***: acting out on an overwhelming need for power in an effort to lessen the discomfort of basic anxiety
- ***Need for a Dominant Partner***: neurotic need associated with the compliant (submissive) personality

Abraham Maslow



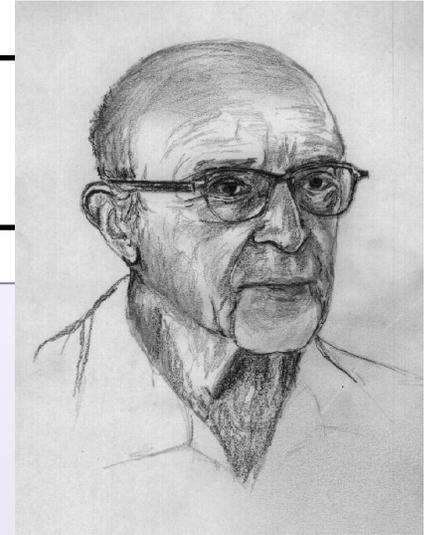
Humanistic Approach

Abraham Maslow:

Maslow's Humanistic Concepts

- ***Deficiency Needs (physiological and Safety Needs)***: driven to fulfill the need for food, water, shelter, order and stability
- ***Love and Belongingness Needs***: the need for affiliation, affection, and acceptance once physiological and safety needs are met
- ***Peak Experience (Self-actualization)***: a moment of complete ecstasy when self is transcended
- ***Jonah Complex***: our doubts about our own abilities and our fears that we are not up the task of being self-actualized

Carl Rogers



Humanistic Approach

Rogerian Concepts:

Carl Rogers

- ***Positive Regard***: the need to receive approval, acceptance and/or love; lack of may lead to isolation
- ***Unconditional Positive Regard***: receiving approval, acceptance and/or love regardless of behaviour
- ***Incongruence***: discrepancy between one's self-concept and experience or behaviour; no longer fitting the mold
- ***Fully Functioning Person***: being fully aware and accepting of the good and the bad aspects of one's self

What about Mr. Grinch?

- When you sat down today, you were given the name of one of the personality theorists.
- As we watch "How the Grinch Stole Christmas," look for evidence to support the concepts within the theory.

