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Introduction to Personality

Introduction

Who am I? What are my good qualities? What are my bad qualities? Why do I behave like that sometimes? Why can't I stop doing this? How do I see myself? How do others see me? How did my personality come to be what it is today? How has it changed? When thinking about our personality, these are questions that we ask ourselves. The only way to answer these questions is to observe ourselves and analyze what we found as a result of this research.

There are several theories of personality that were introduced in order to do just that. The purpose of this paper is to further understand personality and it's concepts by defining personality. Examining theoretical approaches in studying personality, and Analyzing factors that may influence an individual's personality development. Defining Personality Since so many theories of personality exist, there is no single definition. The most widely accepted of personality is "a pattern of relatively permanent traits and unique characteristics that give consistency and individuality to a person's behavior. (Felst & Feist, 2009) as you can see from the definition, each personality is different from each other. Also, from the definition you can see that personality is made up from the combination of characteristics and traits and serves as its base structure. Characteristics and traits are adjectives such as pretty, overweight, athletic, anxious, smart, etc. These adjectives help to give you a sense of self as well as influence your behavior.

The reason that these traits and characteristics are the base structure of your personality is because they have consistency and stability in your behaviors over time. Feist & Feist, 2009) Traits have more to do with actions or physical appearance. For example, blue eyes would be considered a trait. A characteristic is merely anything that stands out or is noticeable that can be used to describe them. For example a pitched laugh can be a characteristic. Although similar, these two parts are different, what is similar is that they work together in developing patterns what is known as your personality. People will have similar characteristics or traits that will produce similar personalities but no two personalities will ever be the same.

Theoretical Approaches

As stated earlier there are many different theories of personality. Each theorist has different methods, research and obviously conclusions as to why personalities are what they are and why they are so different from one another. One thing is certain with each theory is that a specific order of approach is important to substantiate a theory. Most theories of personalities grow from the personality of the theorist (Feist & Feist, 2009). As stated earlier, in order to get a better understanding of personalities, including your own, you must start with observations and experimental research.

Psychologists use systematic approaches such as assess

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