

**Psychology 12****14-1 Purposes of Personality Theories**

*Answer the following questions on a separate piece of paper in paragraph format with reference and support from the text.*

1. Create a T-chart of your values and your personality traits. How are these related? Is there some disconnect where you still need to grow?
2. In what situations do you suppress some of your core personality traits? Why do you do this?
3. In what situations are some of your personality traits amplified? Why do you do this?
4. Do you have any personality traits that make your life more difficult? If you were to change these traits, how might you go about doing that?
5. What traits separates you from the rest of the people in your group of friends? Family? This class?
6. Can you think of any subconscious motives that have created who you are?
7. What rewards and punishments have you experienced that have shaped you into who you are?
8. Are there any people in your life who you try (consciously or unconsciously) to emulate? Why do you think this is so?
9. How do your thoughts, feelings, and perceptions influence your behaviours?
10. What are some goals that you have that shape your personality?