

2014 PSYCHOLOGY FINAL REVIEW MATERIALS

150 – QUESTION FINAL EXAM
WORTH 20% OF THE GRADE

SENSORY DEPRIVATION TANK



VISUALIZATION

- THE BASKETBALL EXPERIMENT
- IMPROVED CLOSE TO AS MUCH AS ACTUALLY PRACTICING SHOOTING BASKETS
- CLOSE YOUR EYES AND THROW A FOOTBALL
 - WHAT HAPPENS

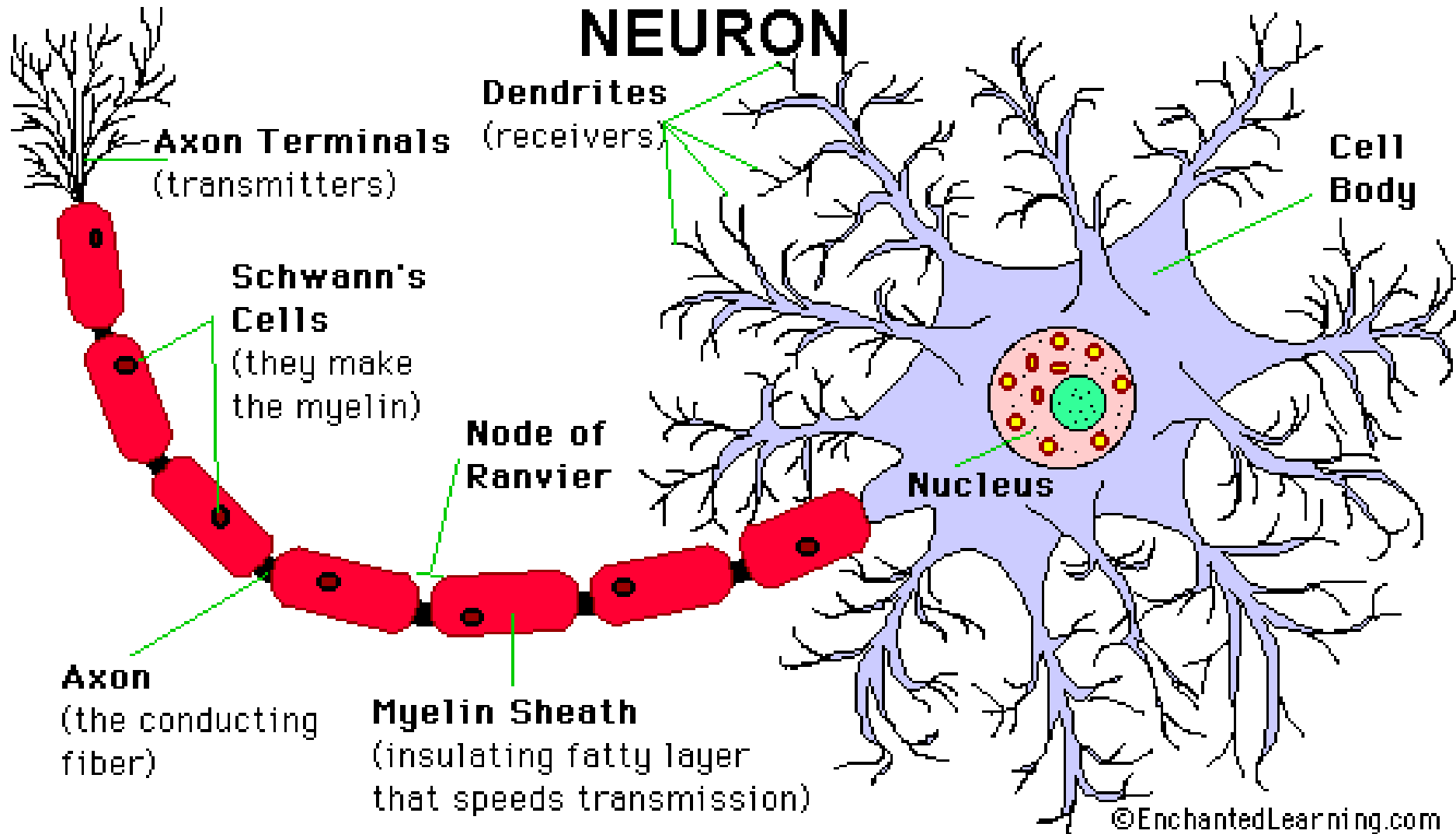
PROPRANOLOL

- PTSD PATIENTS
- HAVE THEM WRITE DOWN WHAT HAPPENED AND ALSO GIVE THEM A SHOT OF PROPRANOLOL AND WITHIN FIVE SESSIONS, THE FEAR IS GONE TO THE POINT WHERE THEY CAN MOVE ON WITH THEIR LIVES
 - BAD IF YOU WANT TO PROSECUTE BAD GUYS BECAUSE WITNESS FORGETS EXACTLY WHAT HAPPENS

BRAIN

- MYELIN – GETS THICKER AS YOU LEARN
- AXIOM
- DENDRITES – EXPAND AS YOU LEARN AND THEN FADE
- CELL BODY
- ALZHEIMER'S
- SYNAPSE

NEURON



CORPUS CALLOSUM

- SEPARATES TWO HEMISPHERES
- EPILEPTIC SEIZURES
- SPLIT BRAIN SURGERY
- LEFT SIDE VERSUS RIGHT SIDE
 - LEFT – VERBAL, MATH, LOGIC
 - RIGHT – ARTISTIC, EMOTIONAL
 - DON'T PLAY AROUND WHEN TRYING TO LEARN MATH BECAUSE THE WRONG SIDE OF THE BRAIN IS USING THE POWER
 - HICCUPS ON RIGHT SIDE – USE THINKING TO GET RID OF THEM

PROSPECT THEORY

- LOSSES ARE MORE BAD THAN GAINS ARE GOOD
 - YOU HAVE A 50 / 50 CHANCE IT WILL WORK AND YOU WILL STILL NOT DO IT

STOREKEEPERS LAW

- ETHICS – DON'T BOTHER THEM WITH QUESTIONS IF YOU ARE SURE YOU ARE NOT BUYING FROM THEM

SEX HORMONES

- TESTOSTERONE
- PROGESTERONE
- ESTROGEN
- PROLACTIN

PARKINSON'S DISEASE

- CAUSES MOVEMENT PROBLEMS DUE TO LACK OF DOPAMINE.
- THE BRAIN ISN'T ABLE TO SEND SIGNALS TO THE MUSCLES SO THEY CAN FUNCTION.
- THE MEDS MAKE THEM SHAKE - WITHOUT THE MEDS, THEY WOULDN'T MOVE
- THEY CAN DO IMPLANT OF A DEVICE THAT WILL STOP THE TREMORS AND ALLOW THE PERSON TO WALK, EAT, DRINK AND FUNCTION
- TURN THE IMPLANT ON WITH A MAGNET

LEFT SIDE OF THE BRAIN

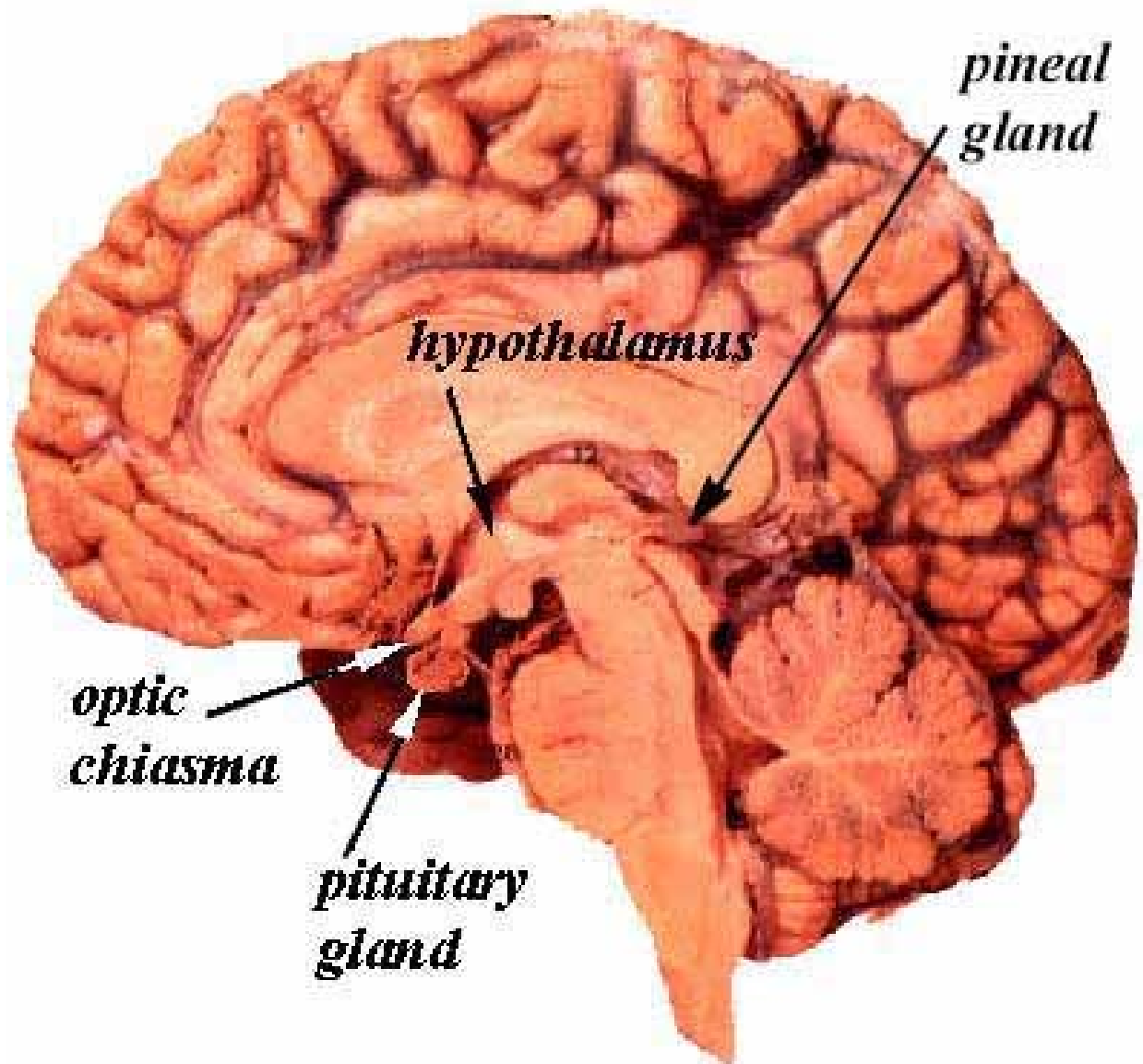
- VERBAL
- MATH
- ANALYTIC

- RIGHT SIDE IS ARTISTIC

- WHATEVER PART OF THE BRAIN YOU USE THE MOST DEVELOPS THE MOST (GENERALLY SPEAKING)

ENDOCRINE SYSTEM

- SENDS CHEMICAL MESSAGES CALLED HORMONES THROUGHOUT THE BODY
- THYROID
- ADRENALS FOR EXAMPLES



pineal gland

hypothalamus

optic chiasma

pituitary gland

PITUITARY GLAND

- EXTREMELY IMPORTANT TO THE BODY
- SECRETES A LARGE NUMBER OF HORMONES AND IT IS LOCATED IN THE BRAIN – TELLS THE BODY WHAT HORMONES TO SEND AND WHEN TO DO IT

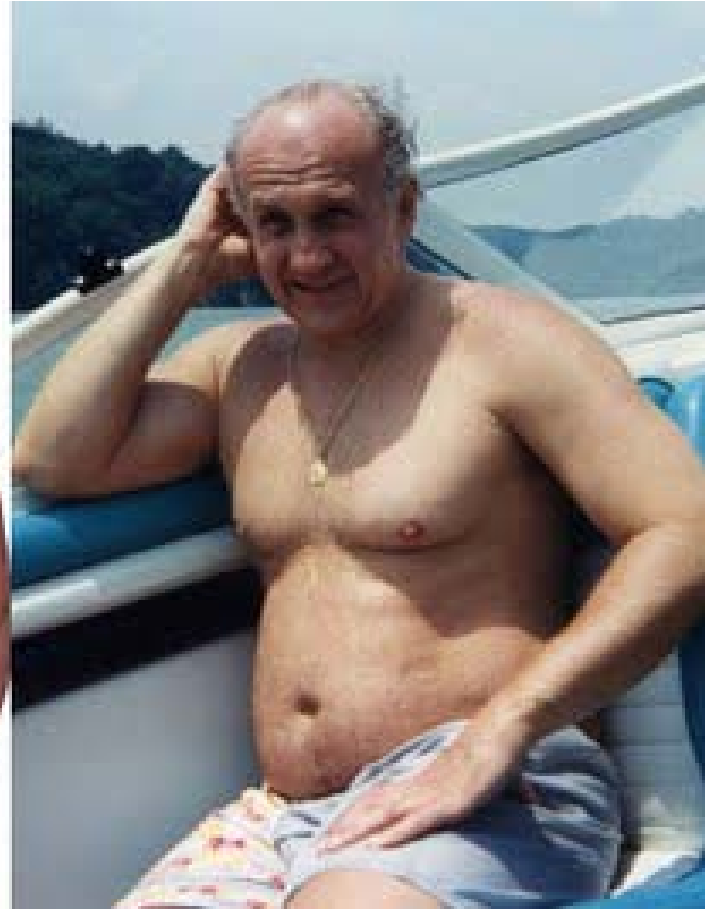
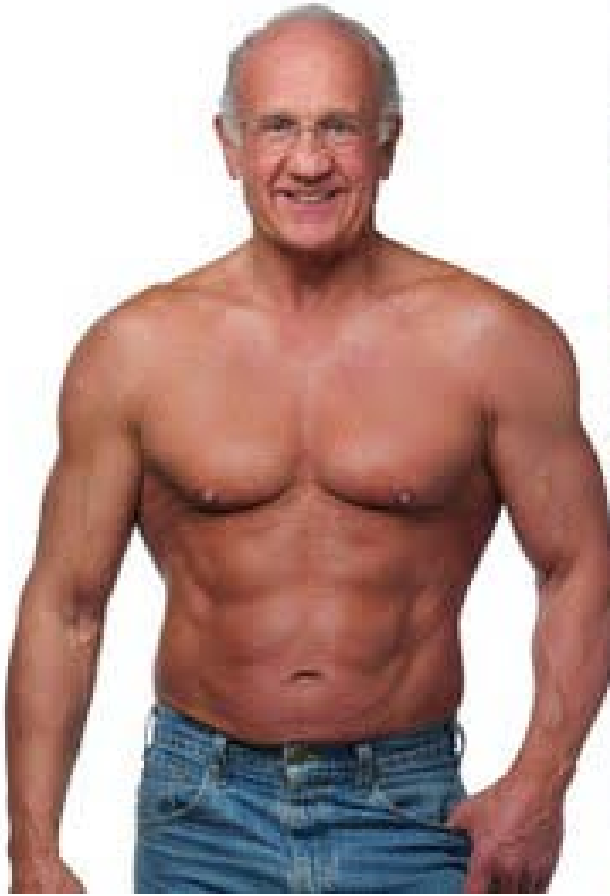
HGH

- HUMAN GROWTH HORMONE
- WHAT DOES IT DO FOR OLDER WOMEN LIKE THE HOUSEWIVES SHOW
- ORIGINALLY USED FOR....
- WHAT CAN IT DO FOR OLDER PEOPLE
- WHEN DOES THE BODY PRODUCE IT
 - SLEEP AND WORKING OUT HARD

71-YEAR OLDS REGIME

- HE IS ON A HORMONE THERAPY REGIMEN THAT COSTS HIM MORE THAN \$5,000 A MONTH.
- BESIDES HUMAN GROWTH HORMONE, TESTOSTERONE, AND AN ADRENAL HORMONE KNOWN AS DHEA
- HE ALSO EXERCISES REGULARLY, ALTERNATING BETWEEN INTENSE CARDIO WORKOUTS AND WEIGHT-RESISTANCE TRAINING.

71 -YEAR OLD ON HORMONE THERAPY



40-YEAR DIFFERENCE
IN THE SAME PERSON

ALMOST 20-YEARS OLD



JUST OVER 60-YEARS OLD



VENTROMEDIAL HYPOTHALAMUS

- STIMULATE IT AND YOU WON'T EAT
- REMOVE IT AND YOU WILL EAT EVERYTHING IN SIGHT

MR. RAT HAD HIS VENTROMEDIAL
HYPOTHALAMUS REMOVED AND ATE
HIMSELF TO DEATH
THE PICTURE IS IN YOUR TEXT BOOK



HYPOTHYROID

- TOO LITTLE THYROID (T-4 & T-3) IN BLOOD MAKES YOU TIRED AND LETHARGIC AND YOU GAIN WEIGHT

HYPERTHYROID

- TOO MUCH MAKES YOU SKINNY, NERVOUS AND CAN MAKE YOUR EYES BULGE OUT IF ITS REALLY HIGH

ADRENAL GLAND

- GIVES YOU ENERGY
- KICKS IN WITH “FIGHT OR FLIGHT”
- NERVOUS BREAKDOWN – YOUR ADRENALS HAVE BEEN PUMPING OUT SO MUCH CORTISOL AND ADRENALIN, IT WEARS DOWN AND CAN’T PRODUCE ANYMORE
- SYMPTOMS?
- HOW TO GET BETTER?
- PRESIDENT KENNEDY (ADDISON’S DISEASE)

TAKING TESTOSTERONE

- BOTH MALES AND FEMALES PRODUCE IT AND TAKE IT TO GAIN MUSCLE MASS
- SYMPTOMS OF IT?
- GROWTH PLATES
- WHAT HAPPENS WHEN A KID TAKES STEROIDS
- 2 DIFFERENT KINDS OF STEROIDS –
 - ANTI-INFLAMMATORY
 - STIMULATES MUSCLE GROWTH (THEY ARE DIFFERENT!)

OBESITY

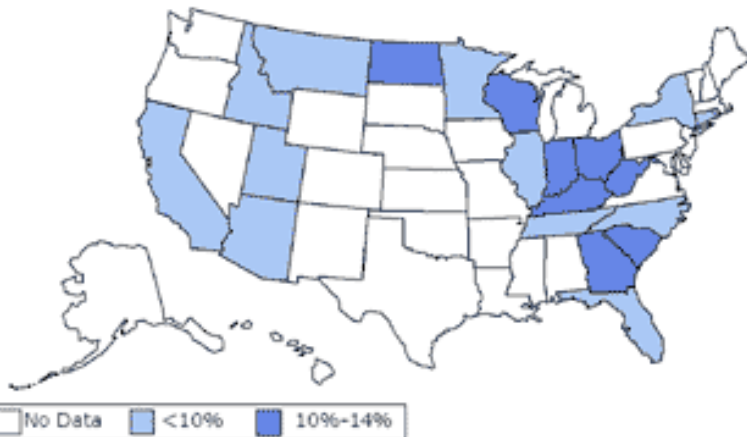
- 30% PLUS BODY FAT
- 60% PLUS OF U.S. POPULATION IS OVER WEIGHT OR OBESE
- WE ARE THE 'FATTEST COUNTRY IN THE WORLD FOLLOWED BY MEXICO, THE UNITED KINGDOM AND GREECE
- OVER 30% OF AMERICANS ARE OBESE IN 2010
- IN THE 1970'S, IT WAS UNDER 10%
- NATIONMASTER.COM

60% OF ADULTS ARE OVERWEIGHT OR OBESE

MOST OVER-WEIGHT PEOPLE EAT BECAUSE OF EXTERNAL CUES

**Obesity Trends* Among U.S. Adults
BRFSS, 1985**

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

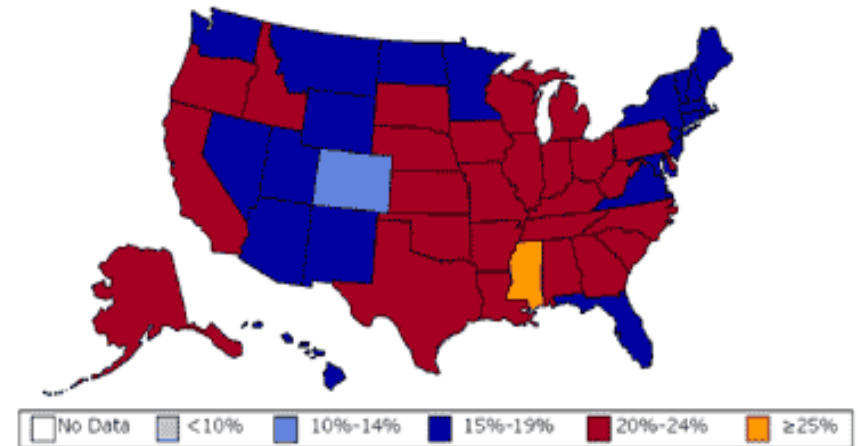


Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.



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WELLNESS

- INDIVIDUAL RESPONSIBILITY FOR YOUR HEALTH
- HEALTHY HEART ZONE
 - 85% FAT BURN, 10% CARBS BURN
- FITNESS ZONE
- -85% FAT BURN, 10% CARBS BURN
 - PLUS CHANGES WAY BODY NATURALLY BURNS FAT... RETRAIN THE BRAIN
 - WHY DO PEOPLE WHO GO ON CRASH DIETS CAN EVEN MORE WEIGHT BACK?

MHR

- 220 – YOUR AGE
- YOU SHOULD BE AT 60 – 70 MHR TO BURN MOST FAT
- WHY PEOPLE WHO KILL THEMSELVES AT THE GYM NEVER CHANGE THEIR BODY?

VENTROMEDIAL HYPOTHALAMUS (VMH)

- ANIMAL EATS EVERYTHING IN SIGHT
- TRYING TO GET IT TO TURN ON SO YOU EAT LESS FOOD

CLASSICAL CONDITIONING

- SUBJECT IS UNAWARE THEY ARE LEARNING
- UCS
- UCR
- NS
- CS
- CR

NEGATIVE REINFORCEMENT

- REMOVAL OF AVERSIVE STIMULI TO REINFORCE BEHAVIOR
- THE LITTLE KID CRIES AND CRIES IN THE STORE FOR CANDY (NOT HAVING CANDY IS AVERSIVE) AND THEN I FINALLY RELENT AND GIVE THE KID THE CANDY THEREBY REINFORCING THE BEHAVIOR OF CRYING

LITTLE ALBERT

- UNAFRAID OF FIRE, SNAKES, ETC
- THEN MAN MADE LOUD NOISE AND SCARED KID (UCS)
- USED CLASSICAL CONDITIONING TO TEACH ALBERT TO BE AFRAID OF WHITE FURRY THINGS

SHAPING TRIALS

- OPERANT CONDITIONING
- ABOUT 20 – 25 SHAPING TRIALS ARE NEEDED BEFORE YOU GET POSITIVE RESULTS
- NO MORE THAN 10-MINUTE INTERVALS OF TRAINING
- 250 SHAPING TRIALS UNTIL BEHAVIOR BECOMES REGULAR

DIS-INHIBITION

- YOU SEE OTHERS SPEEDING, OR DOING NEGATIVE BEHAVIORS YOU KNOW ARE WRONG
- NOW YOU ARE DOING THOSE SAME NEGATIVE BEHAVIORS WITHOUT EVEN REALIZING IT
- FACULTY MEETINGS – I SEE THIS ALL THE TIME

EMOTIONS & MEMORY

- STRONG EMOTIONS MAKE MEMORIES STICK IN YOUR MIND
 - EITHER GOOD OR BAD

ALPHA

- PERSON WHO IS THE NATURAL LEADER
- TWO ALPHAS DON'T DO WELL TOGETHER BECAUSE THEY DON'T COMPLIMENT EACH OTHER

POSITIVE PUNISHMENT

- VIOLATION –
- PUNCH IN FACE
- TICKET

NEGATIVE PUNISHMENT

- NO DRESS UP DAY FOR YOU
- NO BURGER KING FOR YOU
- NO CELL PHONE FOR YOU

POSITIVE REINFORCEMENT

- GOOD JOB
- YOU GET A COOKIE
- YOU GET SOMETHING GOOD WHEN YOU DO A BEHAVIOR

NEGATIVE REINFORCEMENT

- YOU ARE EXPERIENCING AVERSIVE STIMULI
- YOU DO A BEHAVIOR AND THAT AVERSIVE STIMULI IS REMOVED THEREBY REINFORCING THE BEHAVIOR BY REMOVING THE STIMULI

CLASSICAL CONDITIONING

- YOU PAIR A NEUTRAL STIMULUS WITH AN UNCONDITIONED STIMULUS
- EVERY TIME YOU DO SOMETHING BAD, YOUR PARENTS SHOW UP AT THE EXACT SAME TIME
 - THEY JUST SEEM TO BE THERE FOR NO REASON
- YOU DO SOMETHING BAD (UCS) AND YOUR PARENTS SHOW UP (NS) AT THE SAME TIME
 - (NO PUNISHMENT – THEY ARE JUST THERE AT THE SAME TIME)

EXPLICIT

- PRE-FRONTAL CORTEX
- LEARNING SOMETHING FOR THE FIRST TIME OR DOING SOMETHING TO IMPROVE A PHYSICAL PART OF YOUR GAME OR EVEN DRIVING

OPERANT CONDITIONING

- YOU DO SOMETHING BAD (BEHAVIOR) AND THEN YOUR PARENTS ARE CALLED IN AFTER THAT BEHAVIOR IS EXHIBITED
- POSITIVE PUNISHMENT IS OCCURRING ASSUMING YOUR PARENTS GET MAD AT YOU AS WELL
- IF THEY BROUGHT YOU A BIRTHDAY CAKE, THAT WOULD BE POSITIVE REINFORCEMENT

FREUD

- ID
- EGO
- SUPER EGO

- EGO IDEAL

DEFENSE MECHANISMS

- NAME ALL OF THEM AND KNOW WHAT THEY ARE

FLOODING

- TOO MANY THOUGHTS / EMOTIONS
FLOOD YOUR WORKING MEMORY

ALCOHOL & NEURONS

- EVEN THOUGH YOU DON'T FEEL DRUNK, YOU STILL CANNOT PASS THE DUI TEST
 - WHY NOT?

AMBIEN

- PRESCRIPTION SLEEP AID
- SLEEP-EATING
- AMNESIA
- SLEEP EATING
- SLEEP DRIVING

JUSTIFYING FAILURE

- TAUGHT BY SOCIETY
- DOES THE OPPOSITE OF HELP YOU
- VICTIM MENTALITY
 - CONSCIOUSLY CORRECTING MISTAKES IS THE KEY TO LEARNING

IMPLICIT MEMORY

- PROCEDURAL MEMORY
- OBAMA IS VERY GOOD AT GIVING SPEECHES BECAUSE OF THIS

THINKING ABOUT NOT FAILING

- ONE OF THE WORST THINGS YOU CAN DO TO YOURSELF
- NEED POSITIVE SELF-TALK
- LIE TO YOURSELF IF YOU MUST

LEARNING TO CONTROL THOUGHTS

- ONE OF THE ABSOLUTE BEST THINGS YOU CAN DO
- INFORMATION MIGHT BE THE MOST VALUABLE COMMODITY, BUT BEING ABLE TO CONTROL ONE'S THOUGHTS IS A CLOSE SECOND

DRUG / ALCOHOL ABUSE

- REGULAR USE OF ILLEGAL DRUGS
- EXCESSIVE USE OF LEGAL PRESCRIPTION DRUGS
- AFFECTS NORMAL LIVING
 - TOO HUNG OVER TO GO TO WORK

JOHN GOTTMAN

- UNIV OF WASHINGTON
- 94% RATE OF CALLING HOW A MARRIAGE WILL TURN OUT UP TO THREE OR MORE YEARS
- 4-HORSEMAN
- WHY MARRIAGES FAIL

RELATIONSHIP

- MOST IMPORTANT
- 2ND MOST IMPORTANT
- MAGIC RATIO

SUCCESSFUL MARRIAGE

- VALIDATING
- VOLATILE
- CONFLICT-AVOIDING

LOVE CHEMICALS

- PHENYL-ETHYLAMINE (PEA)
- DOPAMINE
- EPINEPHRINE
- ENDORPHINS
- 'AMPHETAMINE LIKE' CHEMICALS

ATTACHMENT CHEMISTRY

- OXYTOCIN
- VASOPRESSIN

SEROTONIN

- BECOMES LOW AT BEGINNING STAGES OF A RELATIONSHIP WHICH CAUSES OBSESSIVE THOUGHTS AND HIGHER LIBIDO

MARRIAGE STATS

- WAIT UNTIL 35 AND YOU HAVE A 95% CHANCE IT WORKS IF ITS YOUR VERY FIRST MARRIAGE
- LESS THAN 24 AND YOU HAVE 35% CHANCE OF SUCCESS

LONG-TIME LOVE CHEMISTRY

- OXYTOCIN,
- VASOPRESSIN,
- ENDORPHINS,
- SEROTONIN,

34-MINUTE LOVE EXPERIMENT

- EXCHANGE EXTREMELY PERSONAL HISTORIES
- STARE AT EACH OTHER FOR 4 MINUTES
- TWO COUPLE FROM THE STUDY GOT MARRIED
- DR. AUTHOR ARUN

WELLBUTRIN

- REUPTAKE INHIBITOR
- INCREASES DOPAMINE
- MOTIVATION
- OFF-LABEL USES

LEARNED HELPLESSNESS

- DOG STUDY
- PEOPLE EXAMPLE
- MATHEMATICS
- HOW TO GET OVER IT

RESPONSE CHAIN

- USING OPERENT CONDITIONING, YOU TEACH TWO (OR MORE) SEPARATE EVENTS AND THEN PUT THEM TOGETHER FOR ONE EVENT (LIKE SHAPING)

REPLACEMENT THERAPY

- SUBUTEX
- REPLACES ONE DRUG (SAFER) WITH ANOTHER
- LIKE WELBUTRIN AND NICOTINE

EXTINCTION

- HOW TO GET SOMEONE TO QUIT BOTHERING YOU

SPONTANEOUS RECOVERY

- AFTER EXTINCTION, THERE WILL BE A PERIOD OF TIME WITH NO REPEAT BEHAVIOR, THEN, ALL OF THE SUDDEN IT WILL START UP AGAIN, AND THEN GO AWAY QUICKLY IF NOT REWARDED.
- EG – OLD BOYFRIEND CALLS UP OUT OF THE BLUE

DATING BEFORE MARRIAGE

- 26
- COLLEGE GRADUATES
- TWO YEARS DATING
- ONE YEAR ENGAGED

ABUSE

- TO INTENTIONALLY HURT SOMEONE BY PHYSICAL CONTACT OR PSYCHOLOGICAL MEANS
- EVERYONE DOES IT AND THE WORD GETS USED TOO MUCH

MEN & WOMEN BREAKUP

- MEN TAKE IT HARDER
- WOMEN SOCIALIZE WITH MORE MEN BUT STOP AT THAT
- MEN ONE-DIMENSIONAL DATING

RELATIONSHIPS

- SURVIVAL
- VALIDATION
- SCRIPTED
- EXPERIMENTAL
- ACCEPTING

NORMAL DISCONTENT

- FIRST PART OF MARRIAGE
- FIRST TO GO IS POLITENESS
- DO SOMETHING OR IT WILL GET WORSE
- DOWNWARD SPIRAL IF NOT TAKEN CARE OF IMMEDIATELY

PAVLOV

- CLASSICAL CONDITIONING
- GENERALIZATION
- DISCRIMINATING
- CONDITIONED RESPONSE
- UNCONDITIONED RESPONSE

OPERANT CONDITIONING

- BF SKINNER
- REWARD V PUNISHER V
REINFORCEMENT

ESCAPE CONDITIONING

- DOG WANTS OUT OF THE BATHROOM AT NIGHT

JOURNAL OF PREVENTATIVE MEDICINE

- NOW FAMOUS STUDY
- GIRLS 14 – 17 WHO ENGAGED IN SEXUAL ACTIVITY BECAME THREE TIMES MORE DEPRESSED THAN NON-SEXUALLY ACTIVE GIRLS
- CHANGED THEIR BRAINS
- BONDING WAS COMPROMISED LATER IN LIFE
- RELATIONS WERE RATED AS LESS SATISFYING LATER IN LIFE
- HAVE LESS RELATIONS LATER IN LIFE

PSYCHOTHERAPIST

- MASTERS DEGREE
 - PHD + LICENSING
 - EDD + LICENSING
 - PSY – D + LICENSING
 - M.D. + LICENSING
-
- NOTE: YOU NEED A MASTERS DEGREE (MINIMUM) BUT YOUR DOCTORATE CAN BE IN SOMETHING ELSE – LIKE DR. LAURA FOR EXAMPLE...

GRAD SCHOOL WRITING

- THESIS VERSUS DISSERTATION VERSUS RESEARCH PAPER
- WHEN YOU HAVE TO DO THEM AND WHEN YOU CAN AVOID THEM
- PRACTICAL DEGREES...

FAMOUS EXPERIMENTS

- STANFORD
- MILGRAM
- THE HEIST

LATENT LEARNING

- IT IS NOT IMMEDIATELY OBSERVABLE AS A CHANGE IN BEHAVIOR AT THE TIME OF LEARNING,
- IT IS NOT USUALLY REINFORCED WHEN LEARNING OCCURS,
- COGNITIVE GAP

GESTALT

- THE STUDY OF HOW SENSATIONS ARE ASSEMBLED INTO PERCEPTUAL EXPERIENCES

FREUD

- FREE ASSOCIATION
- DREAM ANALYSIS
- MOM & DAD ISSUES
- KIDS HAVE NATURAL SEXUAL & AGGRESSIVE URGES

RESEARCH

- EVERY EXPERIMENT HAS A HYPOTHESIS
- PSYCHOLOGISTS CAN ALTER INDEPENDENT VARIABLES TO STUDY DIFFERENT EFFECTS,
- EXPERIMENTS PROVIDE CONCRETE EVIDENCE
- YOU CAN USE DECEPTION IN RESEARCH BUT IT HAS TO BE ETHICAL
- MEAN, MEDIAN, MODE & RANGE
- SINGLE & DBL BLIND
- PLACEBO
- SELF-FULFILLING PROPHECY
- NORMAL CURVE
- INFERENTIAL STATS
- LONGITUDINAL V CROSS-SECTIONAL

WHY PEOPLE NEED THERAPY

- RELATIONSHIP PROBLEMS
- LONELINESS & DEPRESSION
- LACK OF CONNECTEDNESS

WHAT DOESN'T CAUSE HAPPINESS IN MOST OF US

- WEALTH – BUT WHY?
- POWER – BUT WHY?
- EXCITEMENT – BUT WHY?
- (DON'T WORRY, ONCE YOU'RE HAPPY, ALL THESE THINGS ARE GOOD – SUCCESS IS REWARDING BECAUSE OF THE WORK YOU PUT INTO IT – NOT THE FINAL RESULT)

DEPRESSION AND CHOICES

- NARROWS YOUR PERSPECTIVE
- SEE ALL THINGS NEGATIVELY
- CANNOT SEE THE FUTURE CLEARLY
- CAN SPIRAL OUT OF CONTROL
- OVER TWO WEEKS NEEDS HELP... BUT THEN THINGS TURN AROUND FOR THE BETTER

MOTIVATION

- INTRINSIC VERSUS EXTRINSIC
- WHAT HAPPENS WHEN WE GIVE SOMEONE WHO WAS INTRINSICALLY MOTIVATED TO SUCCEED AN EXTRINSIC REASON TO SUCCEED?
- PRO ATHLETE STUDY

HAPPINESS

- MEANING & PURPOSE – PICK A CAREER & HOBBIES YOU ENJOY
- COMMITMENT TO SOMETHING OTHER THAN ONESELF – RELIGION OR A CAUSE OR YOUR KIDS
- LOVE – OF SOMEONE OR SOMETHING
- HARDWIRING

CONFIDENCE

- THINKING YOU WILL SUCCEED (RELATIVE TO YOUR ABILITY) WHEN YOU TRY SOMETHING
- IF YOU COULD CONTROL YOUR THOUGHTS, YOU WOULD ALWAYS HAVE CONFIDENCE LIKE PEOPLE DO IN THE MOVIES

WHY PRACTICE

- WHAT IS DEDICATED PRACTICE?
 - DOING SOMETHING SPECIFICALLY TO IMPROVE PERFORMANCE
 - MUST BE REPEATABLE
 - MUST HAVE IMMEDIATE FEEDBACK
 - CONSCIOUSLY CORRECT MISTAKES
 - MENTALLY DRAINING AND NOT REALLY FUN

WHAT IT TAKES TO SUCCEED

- 20 HOURS A WEEK OF DEDICATED PRACTICE
- 1,000 HOURS A YEAR
- 10-YEARS OR 10,000 HOURS OF DEDICATED PRACTICE
- WHICH IS....

DEDICATED PRACTICE

1. AN ACTIVITY DESIGNED TO IMPROVE PERFORMANCE
2. REP IT OVER AND OVER
3. NEED IMMEDIATE FEEDBACK EITHER BY A COACH, BY FEEL, OR BY SOME OTHER WAY
4. CONSCIOUSLY CORRECT MISTAKES (KEY TO LEARNING WELL)
5. MENTALLY CHALLENGING – ITS HARD WHICH IS WHY MOST ARE NOT SUCCESSFUL AND WHY YOU CAN EASILY BE MORE SUCCESSFUL THAN OTHERS...

WHY PROCRASTINATE?

- YOU WAIT UNTIL THE DAY BEFORE AN EXAM TO STUDY
- WHY
- YOU DON'T HAVE ENOUGH STRESS TO MOTIVATE YOU
- STRESS IS GOOD!

SUCCESS V CHOKING

- BOTH THE WINNER AND THE CHOKER EXPERIENCE THE SAME PHYSIOLOGY
- THE WINNER SEES IT AS A GOOD THING
- THE CHOKER SEES IT AS A BAD THING

PRACTICE PLAYERS

- THEY HAVE ENOUGH STIMULATION (STRESS) TO PRACTICE WELL
- WHEN THEY GET INTO GAMES, THEY DON'T PERFORM AS WELL BECAUSE THEY PRESS (CHOKER) DUE TO OVER-STIMULATION

GAMERS

- PRACTICE SOMETIMES DOESN'T GIVE THESE PEOPLE ENOUGH STRESS TO WORK HARD
- IN GAMES, THEY ARE SUFFICIE

TERMITE STUDY

- WHAT DOES IT TAKE TO BE SUCCESSFUL???

VISUALIZATION

- SENSORY DEPRIVATION TANK
- BASKETBALL STUDY

CHOKING

- WHEN YOU KNOW EXACTLY WHAT TO DO AND HOW TO DO IT, BUT YOU START 'THINKING' ABOUT WHAT YOU SHOULD BE DOING AUTOMATICALLY AND YOU PERFORM AND LESS THAN YOU SHOULD
- USING UP WORKING MEMORY

PANIC

- I HAVE NO IDEA WHAT I'M DOING
AND I FOCUS ON ONE THING
- JOHN KENNEDY JR.
- JUST LEARNING HOW TO FLY
- STARTED TO PANIC
- FOCUSED ON JUST ONE THING
- CRASHED THE PLANE IN THE OCEAN

PROCEDURAL MEMORY

- IT IS IMPLICIT OR UNCONSCIOUS
- USED MOSTLY TO GUIDE THE PERFORMANCE OF ATHLETIC SKILLS
- COMES UP IN MANY OTHER TASKS
- PROGRAMMING A CELL PHONE
- THINK OF IT AS YOUR COGNITIVE TOOL BOX THAT CONTAINS THE RECIPE THAT WILL ALLOW YOU TO SINK A PUTT, THROW A PERFECT PASS, OPERATE A CELL PHONE IN AN EMERGENCY
- THIS OPERATE LARGELY OUTSIDE YOUR CONSCIOUS AWARENESS
- YOU ARE TOO GOOD TO MONITOR IT CONSCIOUSLY
- YOU CAN'T TELL A PERSON EXACTLY HOW YOU DO IT, BUT YOU DO IT

EXPLICIT MEMORY

- SUPPORTS OUR ABILITY TO REASON
- RECALL EXACT DETAILS OF A CONVERSATION WE HAD
- BOTH THESE MEMORIES ARE HOUSED IN COMPLETELY DIFFERENT PARTS OF THE BRAIN

AS WE GET BETTER AT A TASK....

- WE GET WORSE AT BEING ABLE TO TELL YOU HOW WE DO THE TASK BECAUSE OUR CONSCIOUS MEMORY OF IT GETS WORSE AND WORSE AND WE ARE LESS ABLE TO COMMUNICATE HOW WE DO THOSE THINGS TO OTHERS
- MICHAEL JORDAN MIGHT NOT BE A GREAT COACH BECAUSE HE WILL NOT HAVE THE ABILITY TO SHOW YOU HOW HE DOES IT ON THE COURT

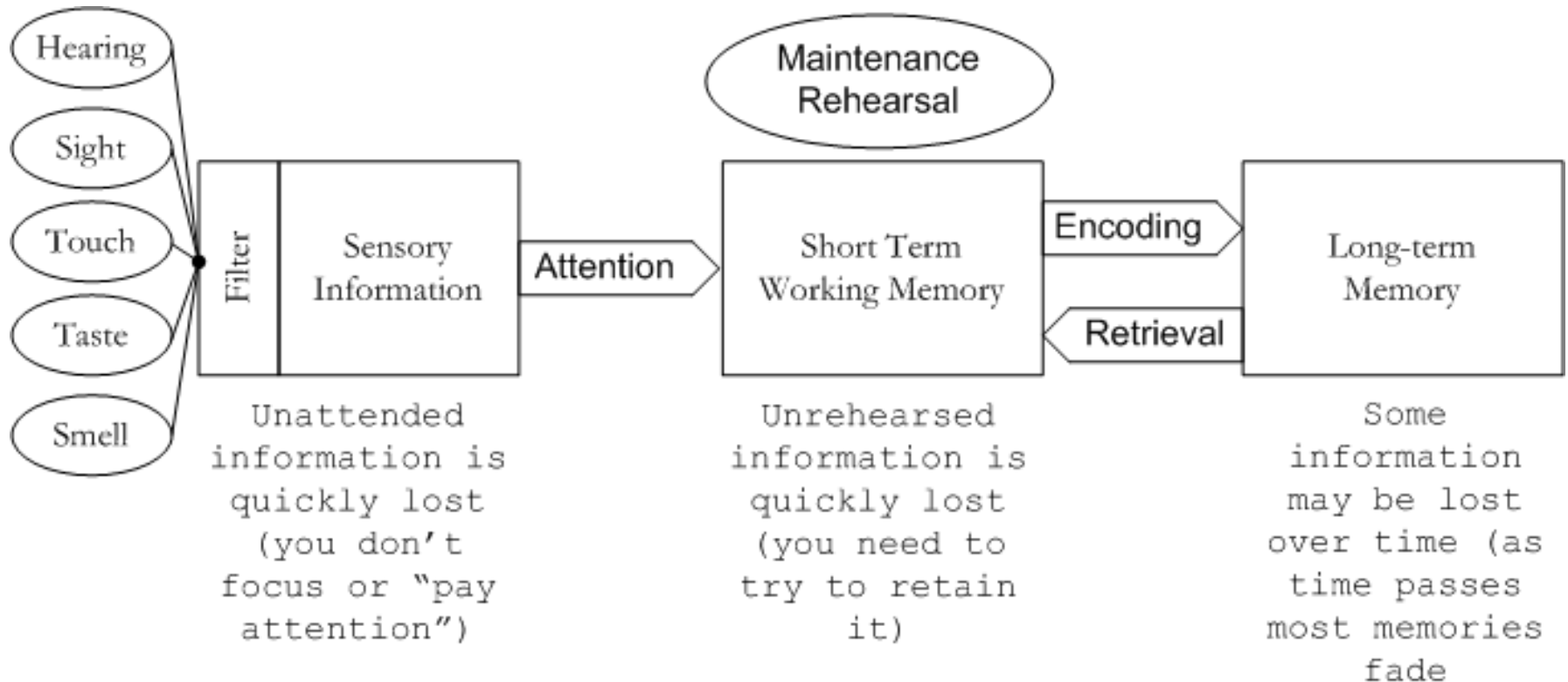
THE BETTER THE ATHLETE.....

- THE LESS HE / SHE KNOWS HOW THEY DO IT
- THEY CANNOT COMMUNICATE OR TEACH HOW THEY DO IT
- AS WE GET BETTER AT PERFORMING A SKILL, OUR CONSCIOUS MEMORY FOR HOW WE DO IT GETS WORSE AND WORSE

WHAT DOES THIS MEAN?

- IF YOU ARE VERY GOOD AT SOMETHING (IMPLICIT) AND YOU START TO 'THINK' ABOUT WHAT YOU ARE DOING (EXPLICIT) YOU WILL DO FAR WORSE THAT YOU WOULD IF YOU WERE FIRST LEARNING SOMETHING

WORKING MEMORY



WORKING MEMORY

- WORKING MEMORY ALLOWS YOU TO DO TWO THINGS AT ONCE
- PLANNING TO TURN IN TWO BLOCKS WHILE WEAVING THROUGH HEAVY TRAFFIC
- PLAYING 20 CHESS GAMES ALL AT ONCE
- MORE WORKING MEMORY MEANS MORE BRAIN HORSE-POWER AND YOU LIKE THAT

WORKING MEMORY TWO

- HIGHER-POWERED STUDENTS – THE ONES WITH THE MOST WORKING MEMORY FAIL UNDER PRESSURE MORE OFTEN THAN DO STUDENTS WITH LESS WORKING MEMORY.
- THEY WERE 10% BETTER THAN OTHER KIDS WHEN THERE WAS NO PRESSURE, BUT UNDER PRESSURE THEY SCORED ABOUT AS WELL AS THE LEAST INTELLIGENT KIDS

WHY?

- SMART KIDS USE ALL OF THEIR WORKING MEMORY WHEN THERE IS NO PRESSURE
- LOWER-SKILL KIDS TAKE MENTAL SHORT-CUTS BECAUSE THEY CANNOT DO THE WORK THE SMART KIDS DO
- SMART KIDS UNDER PRESSURE GO TO THOSE SAME SHORT CUTS UNDER PRESSURE AND THEY ARE NOT USED TO WORKING AT THAT LEVEL SO THEY ARE NOT VERY GOOD AT IT

SMART KIDS & SPORTS CHOKING

- WITH ATHLETICS, YOU ARE USING MUCH, MUCH LESS OF WORKING MEMORY
- BOTH SMART AND NOT SO SMART KIDS PLAY BEST WHEN NOT USING A LOT OF WORKING MEMORY
- SMART KIDS UNDER PRESSURE TURN ON WORKING MEMORY BUT IT DOESN'T WORK UNDER PRESSURE SO THEY FAIL WHILE THE NOT SO SMART KIDS STAY IN THE ZONE OF NOT USING WORKING MEMORY
- THERE IS SOME GOOD ASPECTS OF BEING A "DUMB JOCK" BECAUSE YOU DON'T THINK!
- THINKING IS WHAT KILLS SMART ATHLETES..... YOU THINK AND YOU CHOKE

WHAT SMART KIDS NEED TO LEARN?

- DON'T CHANGE THE WAY YOU THINK WHEN YOU ARE UNDER PRESSURE
- DO THINGS JUST THE WAY YOU DO IN PRACTICE
- CLASSICAL CONDITIONING CAN HELP
- BUT WE WILL LEARN MORE.....

GLUCOSE

- MORE IS NEEDED FOR MENTALLY CHALLENGING WORK WHICH MEANS YOU NEED TO TAKE BREAKS WHEN YOU ARE FOCUSING.
- 20-MINUTES ON, A FEW MINUTES OFF AND THEN GET BACK TO WORK...
- THIS IS WHY “DEDICATED PRACTICE” IS SO DIFFICULT
- IT TAKES BRAIN FUEL TO MAKE IT RUN

PRACTICE UNDER PRESSURE

- USE 'MILD STRESS' TRAINING
- NEVER PRACTICE WITH A CAVILER ATTITUDE BECAUSE THAT WILL TRAIN YOU TO CHOKE UNDER PRESSURE
- TAKE PRACTICE / STUDYING SERIOUSLY OR YOU WILL CHOKE UNDER PRESSURE
- PRACTICE UNDER PRESSURE HELPS YOU STAY CALM. COOL AND COLLECTED IN THE FACE OF WHATEVER COMES UP IN REAL STRESSFUL SITUATIONS

BRAIN IMAGING

- PRACTICE IN FRONT OF PEOPLE WHO'S OPINION YOU VALUE
- TOURNAMENT GOLFERS PRACTICE AFTER IMPORTANT ROUNDS BECAUSE THEY WILL BE SCRUTINIZED BY FANS
- THIS HELPS THEM THE NEXT DAY WHEN THEY PLAY IN FRONT OF THOSE SAME PEOPLE
- BRING YOUR NEW ROMANTIC INTEREST TO WATCH YOU PRACTICE – IT WILL HELP WHEN THERE IS PRESSURE IN A LIVE GAME BECAUSE YOU DON'T WANT TO DO BAD WHILE HE OR SHE WATCHES YOU IN PRACTICE
 - NOTE: I ALWAYS DID THIS AND IT HELPED A LOT IN GAMES (I HAD NO IDEA IT WOULD, BUT IT DID)
 - I DIDN'T PLAY IN HIGH SCHOOL SO I NEEDED TO PRACTICE UNDER STRESS SO I WOULDN'T CHOKE IN GAMES

BEING THE BACKUP

- MANY TIMES IF YOU END UP AS THE BACK UP YOU DON'T PRACTICE WELL
- YOU WANT TO START MORE THAN ANYTHING AND THEN WHEN THE TIME COMES AND YOU ARE NOT READY, YOU PRESS AND THEN CHOKE
- NOW YOU WILL NEVER GET THE STARTING JOB

- AS PEOPLE'S MOTIVATION TO SUCCEED INCREASES, SO DOES THEIR LIKELIHOOD OF FAILING UNLESS YOU TRAIN YOURSELF TO PERFORM WITHOUT CHOKING

FMRI

- MEASURES OXYGENATED BLOOD THAT GOES TO NEURONS IN THE BRAIN WHEN THEY FIRE
- PREFRONTAL CORTEX
 - WORKING MEMORY AND CONSCIOUS CONTROL ARE HOUSED
- PLAYING MUSIC USES SENSORY AND MOTOR BRAIN AREAS WHERE WELL-FORMED PROCEDURAL MEMORIES ARE HOUSED
- WHEN YOU ARE AT YOUR BEST, YOU ARE ON AUTO-PILOT
 - YOU DON'T USE WORKING MEMORY WHEN PLAYING SPORTS – DUMB JOCK ACTUALLY HAS AN ADVANTAGE OVER YOU IN THIS AREA
 - YOU WILL SHIFT TO WORKING MEMORY AND HE DOESN'T KNOW HOW TO USE HIS....

PET SCANS

- POSITRON EMISSION TOMOGRAPHY
- REQUIRES RADIOACTIVE TRACERS TO BE INJECTING INTO THE SUBJECT'S BODY
- THE BRAIN AREAS LIGHT UP IF THEY ARE WORKING

PRACTICING ANYTHING..

- CAN ACTUALLY CHANGE THE PHYSICAL WIRING OF THE BRAIN TO SUPPORT EXCEPTIONAL PERFORMANCE
- MATH, ACTING, ATHLETICS, BEING OBSERVED BY MS LIBBON CAN ALL BE IMPROVED BY PRACTICE AND THEN PRACTICING UNDER SOME PRESSURE

KNOWING WHY THE BEST ARE THE BEST....

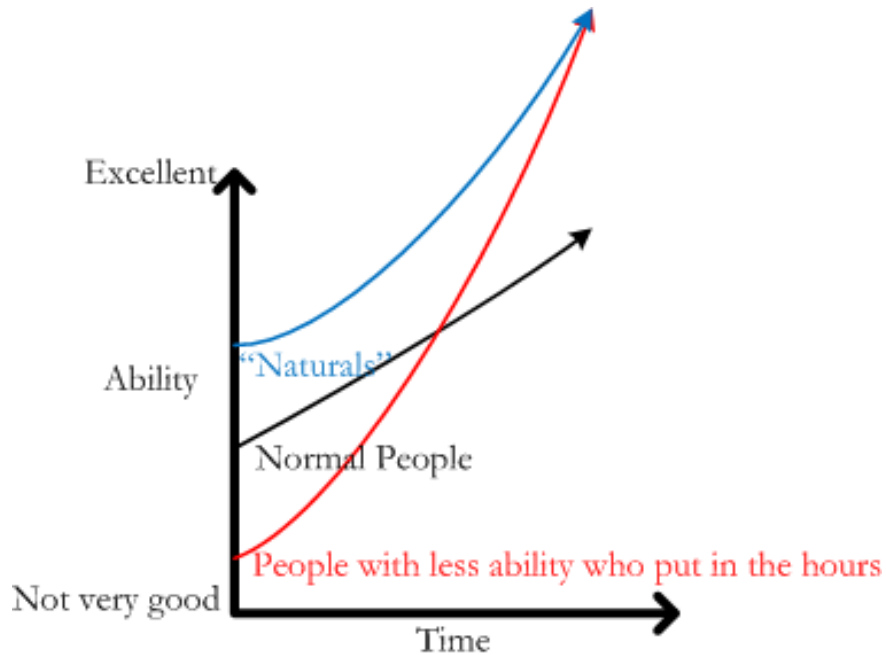
- PROFESSIONAL SOCCER ATHLETES TESTED WITH RECREATIONAL ATHLETES
- THEY TESTED REACTION TIMES THAT HAD NOTHING TO DO WITH SOCCER
- THERE WERE NO STATISTICAL DIFFERENCES BETWEEN THE PROS AND THE JOES WHEN IT CAME TO SPECIAL ABILITIES
- THINK MICHAEL – BEST PLAYER IN THE WORLD AND TRIED PRO BASEBALL AND COULDN'T HIT A CURVE BALL WITH AN IRONING BOARD...
- PRACTICE MAKES THE DIFFERENCE

SUCCESS

- DESPITE INNATE DIFFERENCES, OUR EVENTUAL LEVEL OF SUCCESS IN ANYTHING IS MARKEDLY AFFECTED BY TRAINING AND PRACTICE
- THERE ARE DIFFERENCES IN INDIVIDUALS
 - FASTER, SLOWER, BIGGER, SMALLER MORE WORKING MEMORY, LESS WORKING MEMORY, BUT IT ALL COMES DOWN TO TRAINING AND PRACTICE.....
 - STUDY AFTER STUDY HAS PROVED THAT NOW!

EVERYONE GETS THE SAME...

INTUITIVELY, IF EVERYONE GETS THE SAME TRAINING AND PRACTICE TIME AND EVERYONE IMPROVES AT THE SAME RATE, THEN WHATEVER DIFFERENCES THERE WERE AT THE BEGINNING WILL BE THERE IN THE END.... NOT TRUE



IN MANY CASES, THE PEOPLE THAT NEED THE MOST IMPROVEMENT IMPROVE THE MOST WITH ALL THINGS BEING EQUAL.

ALTHOUGH THE BETTER ATHLETE STARTS OUT A HEAD, I MAY "SOMETIMES" GET IMPROVE FASTER EVEN THOUGH WE ARE PUTTING IN THE SAME TRAINING

AGE....

- THE OLDER YOU ARE IN RELATION TO YOUR PEERS GIVES YOU A BIG ADVANTAGE
- MENTALLY AND PHYSICALLY YOU ARE MORE 'GIFTED' SO YOU ARE MORE LIKELY TO GET THE SPECIAL TREATMENT
- THINGS WILL COME EASIER TO THEM AS WELL AND THEY WILL HAVE GREATER SUCCESS.
- IF THE CUT-OFF DATE IS JULY 31, BEING BORN ON AUGUST GIVES YOU THE BEST ADVANTAGE

BIRTH PLACE EFFECT

- BIG CITIES WITH LOTS OF KIDS PRODUCE 13% OF PROFESSIONAL ATHLETES
- SMALLER TOWNS ALLOW KIDS MORE TIME TO PLAY ON THEIR OWN WHICH DEVELOPS COORDINATION AND A VARIETY OF SPORTS DEVELOPS DIFFERENT TYPES OF COORDINATION.
- SPECIFIC SPORT TRAINING AT A VERY YOUNG AGE HINDERS RATHER THAN HELPS

EARLY SPORTS-SPECIFIC TRAINING

- LESS SPORT-SPECIFIC TRAINING AND MORE DIVERSE RECREATIONAL PLAY MAY BE BEST FOR DEVELOPING ATHLETIC ABILITY AND EXPERTISE
- TEN-YEAR OLDS THAT REQUIRE TENDON-REPLACEMENT SURGERY IS PROBABLY NOT GOING TO HELP THE KID
- OPPORTUNITIES FOR “INFORMAL PLAY” WHILE YOUNG REALLY HELP AN INDIVIDUAL LATER ON IN ATHLETIC LIFE

BURNOUT

- YOUNG KIDS WHO TRAIN SPORT'S SPECIFIC BURN OUT OR GET INJURED MANY TIMES
- THE CHANCES OF A YOUNG PRODIGY BECOMING AN ADULT STAR IS VERY RARE
 - THE KIDS BURN OUT OR MENTALLY STRUGGLE

MATH

- YOUNG MATH STUDENTS
- THE MORE PRACTICED THE STUDENT WAS, REGARDLESS OF IQ, THE EASIER IT WAS FOR HIM/ TO RECOGNIZE SOPHISTICATED NUMBER PATTERNS
- A STRUGGLING 9TH GRADE MATH STUDENT HASN'T SEEN OR DONE HALF THE MATH PROBLEMS OF THE "A" STUDENT

GROUP INFORMATION

- GROUP PIECES OF INFORMATION TOGETHER IN BUNDLES TO HELP YOU REMEMBER THEM
- “CHUNKING”
- 13105402021 IS GIBBERISH

BUT 1 (310) 540-2021 IS EASILY RECOGNIZED AS OUR SCHOOL'S PHONE NUMBER

PRACTICE YOUR BRAIN

- THE HIPPOCAMPUS (IMPORTANT FOR NAVIGATING AND RECALLING COMPLEX ROUTES) IS LARGER IN CAREER CAB-DRIVERS THAN A NORMAL HUMAN BEING
- THE LONGER THE CABDRIVER HAS WORKED, THE LARGER HIS HIPPOCAMPUS IS... HIS BRAIN IS CHANGING AS HE IS LEARNING...

LIFTING WEIGHTS / PRACTICE

- LIFTING WEIGHTS TO DEVELOP YOUR MUSCLES WORKS IN THE SAME WAY THAT PRACTICE SHAPES YOUR BRAIN
- MATHEMATICS IS SIMILAR TO WEIGHTLIFTING EXCEPT ONE CHANGES THE BRAIN WHILE THE OTHER CHANGES THE MUSCLES...

CORPUS CALLOSUM

- THIS IS THE BUNDLE OF NERVES THAT CONNECTS ONE HEMISPHERE OF THE BRAIN TO THE OTHER
- LEFT SIDE CONTROLS THE RIGHT SIDE AND VISA-VERSA
- YOUNG MUSICIANS HAVE MUCH LARGER CORPUS CALLOSUMS THAN NORMAL PEOPLE
- WHY?
 - THE PRE-FRONTAL CORTEX DOESN'T FULLY DEVELOP UNTIL WELL INTO EARLY ADULTHOOD (THIS IS WHY I TELL YOU NOT TO DO DRUGS)

GOLF AND CHOKING

- THE LATER GOLFERS LEARN THE GAME, THE MORE VULNERABLE THEY ARE TO CHOKING UNDER PRESSURE
- WHEN YOU LEARN EARLY (8 OR 9) YOUR PREFRONTAL CORTEX ISN'T DEVELOPED SO YOU LEARN USING OTHER PARTS OF YOUR BRAIN
- WHEN YOU LEARN WITH A WELL-DEVELOPED PRE-FRONTAL CORTEX, YOU WILL TRY TO CONTROL YOUR PERFORMANCE WITH THIS PART OF THE BRAIN AND PARALYSIS BY ANALYSIS KICKS IN.... BUT WE CAN TEACH YOU HOW TO AVOID THIS..

DO YOU OVER-THINK YOUR GAME?

- OVER-THINKING YOUR GAME IS ONE BIG PREDICTOR OF WHETHER THEY WILL CHOKE IN IMPORTANT GAMES OR MATCHES

DELIBERATE PRACTICE

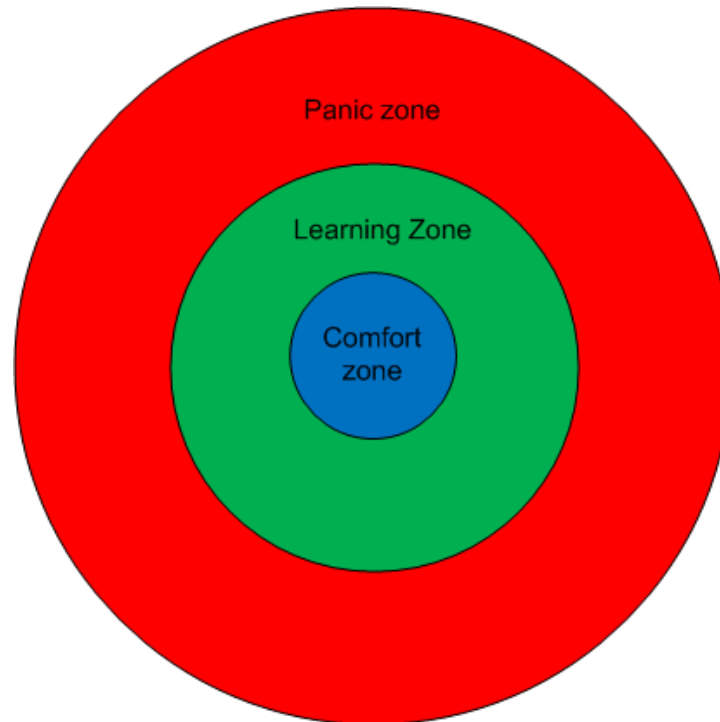
DELIBERATE PRACTICE

- AN ACTIVITY SPECIFICALLY DESIGNED TO IMPROVE PERFORMANCE,
- NEEDS TO BE CONSTANTLY REPEATED,
- NEEDS IMMEDIATE FEEDBACK,
- IT IS HIGHLY DEMANDING MENTALLY,
- IT ISN'T MUCH FUN...

- WELL-STRUCTURED, DELIBERATE PRACTICE
- DESIGNED TO MEET THE CENTRAL DEMANDS OF THE FIELD
- HIGH REPETITION
- IMMEDIATE FEEDBACK

- AN ACTIVITY SPECIFICALLY DESIGNED TO IMPROVE PERFORMANCE –
 - OFTEN WITH THE HELP OF A TEACHER
 - NEED A CLEAR UNBIASED VIEW
- IT CAN BE REPEATED MANY, MANY TIMES
- FEEDBACK ON RESULTS IS CONTINUALLY AVAILABLE
- IT IS MENTALLY DEMANDING
- IT ISN'T MUCH FUN

- REQUIRES THAT YOU IDENTIFY CERTAIN SHARPLY DEFINED ELEMENTS OF PERFORMANCE THAT NEED TO BE IMPROVED AND THEN WORK INTENTLY ON THEM



- OPPORTUNITIES TO PRACTICE DIRECTLY, APART FROM THE ACTUAL USE OF THE SKILL OR ABILITY
- OPPORTUNITIES TO PRACTICE AS PART OF THE WORK ITSELF...

KNOW WHERE YOU WANT TO GO

- KNOW WHAT YOU WANT TO ACCOMPLISH BECAUSE THE DEMANDS OF ATTAINING EXCEPTIONAL PERFORMANCE ARE SO GREAT OVER SO MANY YEARS, YOU DON'T STAND A CHANCE UNLESS YOU HAVE TOTAL COMMITMENT

CHOKING WHEN YOU NEED TO
THINK

CHOKING WHEN YOU NEED A CLEAR WORKING MEMORY

PANIC

CONVERSION DISORDER

BEING HUMAN

- WE ARE COMPLETELY SATISFIED WITH NOTHING
- THE GREATEST OBSTACLE TO HAPPINESS IS HUMAN NATURE
 - BUT THAT MEANS WE HAVE FULL CONTROL OVER OUR HAPPINESS
- NO MATTER HOW MUCH WE WANT SOMETHING, ONCE WE GET IT, ITS NOT SO GREAT AFTER ALL
- THE GRASS IS ALWAYS GREENER
- YOU WANT WHAT YOU DON'T HAVE
- LIFE IS EASY FOR EVERYONE BUT YOU

DEVASTATING INJURY

- PEOPLE WITH DEVASTATING INJURIES SUCH AS LOST LIMBS, ETC, RECOVER EXTREMELY WELL WITHIN TWO YEARS OF THE EVENT...
- WHAT THAT MEANS IS NO MATTER WHAT HAPPENS TO PEOPLE, THEY WILL GET USED TO IT QUICKLY AND RETURN TO THEIR NORMAL STATE

KOHLBERG THEORY

- SIX STAGES

1. OBEDIENCE & PUNISHMENT

2. SELF-INTEREST

3. INTERPERSONAL CONFORMITY

4. SOCIAL ORDER – THE LAW

5. SOCIAL CONTRACT

6. UNIVERSAL ETHICS

PIAGET

- SENSOR-MOTOR
- PREOPERATIONAL
- CONCRETE OPERATIONS
- FORMAL OPERATIONS

ERIK ERIKSON

- 8-STAGES
 1. TRUST V MISTRUST
 - A. (HOPE)
 2. AUTONOMY V SHAME & DOUBT
 - A. (WILLPOWER)
 3. INITIATIVE V GUILT
 - A. (PURPOSE)
 4. INDUSTRY V INFERIORITY
 - A. (COMPETENCE)
 5. IDENTITY V CONFUSION
 1. (FIDELITY – LOYALTY TO PEOPLE IS WHAT HE MEANS)
 6. INTIMACY V ISOLATION
 1. (LOVE)
 7. GENERALITIVITY V STAGNATION
 1. (CARE)
 8. INTEGRITY V DESPAIR
 1. (WISDOM)

FREUD

- 5-PSYCHOSEXUAL STAGES
 1. ORAL
 - A. ALWAYS HAVING SOMETHING IN YOUR MOUTH
 2. ANAL
 - A. NEAT-FREAK OR SLOPPY
 3. PHALLIC
 - A. OEDIPUS / ELECTRA
 4. LATENCY
 - A. I HATE GIRLS – SPORTS OR DOLLS ETC
 5. GENITAL
 - A. SEX

HOW SOME MAY NEGOTIATE THROUGH LIFE IF UNDER GREAT DURESS

- INVOLVED IN DESTRUCTIVE
ACTIVITIES
- DOING DRUGS OR ALCOHOL
- WITHDRAWING INTO PSYCHOTIC
WORLD

HYSTERIA

- FREUDIAN
- CONVERSION DISORDER
- MENTAL EMOTIONAL TURNS INTO PHYSICAL

ANNA O

- DR. BREUER
- BECAME A RENOWNED SOCIAL WORKER
- FANATICIZED ABOUT BREUER
- TOLD EVERYONE SHE WAS PREGNANT
- SYSTEMATIC

ID,

- THE INFANT OF THE PSYCHE
- VERY IMMATURE
- WANTS WHAT IT WANTS RIGHT NOW
- NO IMPULSE CONTROL

SUPER EGO

- MATURITY
- CONSCIENCE
- DO THE RIGHT THING
- HERO
- HOW ITS DEVELOPED
- SOCIOPATHS LACK IT (A CONSCIENCE)
BUT THEY STILL HAVE A SUPER EGO...
 - CAN BE GOOD OR BAD – JAMES BOND MAY HAVE NO CONSCIENCE AND THAT ALLOWS HIM TO STAY VERY CALM AND ABLE TO KILL VERY EASILY – HE IS STILL A GOOD GUY

EGO

- THE PART OF PSYCHE THAT FEELS THE STRESS
- KICKS IN DEFENSIVE MECHANISMS
- MEDIATOR

DEFENSE MECHANISMS

- THEY EGO'S WAY OF DEALING WITH STRESS

RATIONALIZATION

- MAKING UP ACCEPTABLE EXCUSES FOR BEHAVIORS THAT CAUSE US TO FEEL ANXIOUS.
- SOMEONE CHEATS ON A SPOUSE AND TELLS THEMSELVES THEY DESERVE TO GET AWAY WITH IT BECAUSE THE MARRIAGE IS SO BAD
- YOU CAN'T STUDY BECAUSE SOMETHING SPECIAL IS HAPPENING THIS WEEK

REPRESSION

- STRONGEST DEFENSE MECHANISM
- EXCLUSION FROM CONSCIOUS AWARENESS OF A PAINFUL OR UNDESIRABLE MEMORY.

RATIONALIZATION

- CREATING ACCEPTABLE EXCUSES FOR BEHAVIORS THAT CAUSE US TO FEEL ANXIOUS
- I'M CHEATING ON THE FINAL BECAUSE I HAVE NO OTHER CHOICE
- I'M CHEATING ON MY HUSBAND / WIFE BECAUSE I'M NOT GETTING MY NEEDS MET IN THE MARRIAGE
- YOU'RE WRONG – BUT YOUR EGO DOESN'T WANT YOU TO STRESS

DENIAL

- REFUSE TO ACCEPT THE REALITY OF SOMETHING THAT MAKES YOU ANXIOUS OR OUT OF YOUR COMFORT ZONE.
- I CAN'T BELIEVE I GOT INTO HARVARD
- I CAN'T BELIEVE MY HUSBAND IS CHEATING ON ME

PROJECTION

- BELIEVING THAT IMPULSES COMING FROM WITHIN YOURSELF ARE REALLY COMING FROM OTHER PEOPLE –
- YOU'RE ALWAYS LOOKING FOR A BETTER MATE SO YOU PROJECT THAT ONTO YOUR MATE AND THINK THEY ARE LOOKING AT OTHERS
- DEEP DOWN YOU ARE ANGRY AT THE WORLD, BUT YOU THINK EVE

REACTION FORMATION

- REPLACING AN UNACCEPTABLE FEELING OR URGE WITH AN OPPOSITE ONE.
- A TEACHER HATES A KID BUT TREATS HIM OR HER GREAT BECAUSE HIS / HER EGO CAN'T STAND THE FEELING OF HATING A KID.
- YOU HATE A TEACHER BECAUSE THEY ARE SO MEAN TO YOU – AND YOU BELIEVE THEY WILL LOWER YOUR GRADE SO UNCONSCIOUSLY, YOU “LOVE” MEAN TEACHER AND EVEN BUY THEM GIFTS FOR CHRISTMAS....

STOCKHOLM SYNDROME

- ACCORDING TO THE PSYCHOANALYTIC VIEW OF THE SYNDROME, THE TENDENCY MIGHT WELL BE THE RESULT OF EMPLOYING THE STRATEGY EVOLVED BY NEWBORN BABIES TO FORM AN EMOTIONAL ATTACHMENT TO THE NEAREST POWERFUL ADULT IN ORDER TO MAXIMIZE THE PROBABILITY THAT THIS ADULT WILL ENABLE — AT THE VERY LEAST — THE SURVIVAL OF THE CHILD, IF NOT ALSO PROVE TO BE A GOOD PARENTAL FIGURE. THIS SYNDROME IS CONSIDERED A PRIME EXAMPLE FOR THE DEFENSE MECHANISM OF IDENTIFICATION. [↓](#)

REGRESSION

- UNDER STRESS, YOU REVERT BACK TO AN EARLIER AND LESS MATURE PATTERN OF BEHAVIOR
- THE INDIVIDUAL STARTS ACTING IN WAYS THAT HELPED IN THE PAST
 - EG: CRYING SO MOM COMFORTS YOU; IT WORKED AS A 4-YEAR OLD BUT NOW YOU'RE AN 18-YEAR OLD MAN AND YOU START CRYING IN MR. PEDROSA'S OFFICE WHEN YOU'RE IN TROUBLE AND ABOUT TO GET A REFERRAL.
 - VERY IMMATURE RESPONSE FOR A YOUNG MAN – DAD BETTER INTERVENE AND TEACH THE KID HOW MEN HANDLE SITUATIONS – PERSONALLY, I WOULD BE ASHAMED OF MY SON AND WOULD THINK I HAD DONE A HORRIBLE JOB OF BEING A ROLE MODEL – THAT IS A DIRECT REFLECTION ON THE FATHER OF THE YOUNG MAN.

DISPLACEMENT

- YOU CAN'T TAKE YOUR ANGER OUT ON THE SOURCE OF YOUR FRUSTRATION, SO YOU TAKE IT OUT (DISPLACE IT) ON A LESS POWERFUL PERSON (KICK THE DOG).
- OR, YOU'RE TOO AFRAID OF REJECTION SO INSTEAD OF FALLING FOR THE PRETTY HANDSOME ONE, YOU FALL FOR THE JERK INSTEAD. YOU'VE DISPLACED LOVE.

SUBLIMATION

- REDIRECTING A FORBIDDEN DESIRE INTO A SOCIALLY ACCEPTABLE DESIRE.

LAWRENCE KOHLBERG

- *LEVEL 1 (PRE-CONVENTIONAL)* 1. OBEDIENCE AND PUNISHMENT ORIENTATION (*HOW CAN I AVOID PUNISHMENT?*)
- 2. SELF-INTEREST ORIENTATION (*WHAT'S IN IT FOR ME?*) *LEVEL 2 (CONVENTIONAL)*
- 3. INTERPERSONAL ACCORD AND CONFORMITY (*SOCIAL NORMS*) (*THE GOOD BOY/GOOD GIRL ATTITUDE*)
- 4. AUTHORITY AND SOCIAL-ORDER MAINTAINING ORIENTATION (*LAW AND ORDER MORALITY*) *LEVEL 3 (POST-CONVENTIONAL)*
- 5. SOCIAL CONTRACT ORIENTATION
- 6. UNIVERSAL ETHICAL PRINCIPLES (*PRINCIPLED CONSCIENCE*)

- HIS THEORY HOLDS THAT MORAL REASONING, WHICH IS THE BASIS FOR ETHICAL BEHAVIOR, HAS SIX IDENTIFIABLE DEVELOPMENTAL CONSTRUCTIVE STAGES - EACH MORE ADEQUATE AT RESPONDING TO MORAL DILEMMAS THAN THE LAST. IT WAS DETERMINED THAT THE PROCESS OF MORAL DEVELOPMENT WAS PRINCIPALLY CONCERNED WITH JUSTICE AND THAT ITS DEVELOPMENT CONTINUED THROUGHOUT THE LIFESPAN.
- KOHLBERG USED STORIES ABOUT MORAL DILEMMAS IN HIS STUDIES, AND WAS INTERESTED IN HOW PEOPLE WOULD JUSTIFY THEIR ACTIONS IF THEY WERE PUT IN A SIMILAR MORAL CRUX. HE WOULD THEN CATEGORIZE AND CLASSIFY EVOKED RESPONSES INTO ONE OF SIX DISTINCT STAGES. THESE SIX STAGES ARE GROUPED INTO THREE LEVELS: PRE-CONVENTIONAL, CONVENTIONAL AND POST-CONVENTIONAL.

ERIK ERIKSON

- PSYCHOSOCIAL (8-STAGES) CRISES
- PRAISE TEACHES INITIATIVE
- FAILURE TO GET THROUGH CRISIS WOULD HURT THE INDIVIDUAL FOR LIFE
- YOU'RE GOING THROUGH EGO-IDENTITY VS. ROLE CONFUSION

PERSONALITY DISORDERS

- IF YOU THINK YOU HAVE ONE AND IT BOTHERS YOU – THAT IS PROOF THAT YOU DON'T
- PERSONALITY THAT IS MALADAPTIVE TO CHANGE AND A VARIETY OF WAYS – THEY ARE STUCK
- CHARACTERISTIC WAYS OF THINKING, FEELING AND BEHAVING
- YOU ARE STUCK IN A 9 FEELING ALL THE TIME – WE CAN HAVE EXTREME EMOTIONS 7 OR 8 BUT THEY COME BACK DOWN – PERSONALITY DISORDERED PEOPLE ARE STUCK AT HIGH LEVELS OF EMOTION – THEY HAVE THE SAME TRAITS NORMAL PEOPLE DO BUT THEY ARE ALWAYS HIGH ON THE SCALE

PD CONTINUES

- THESE PEOPLE LACK THE INSIGHT TO SEE THEIR OWN PROBLEMS
- VERY DIFFICULT TO TREAT
- NEVER TAKE RESPONSIBILITY OVER WHAT HAPPENS TO THEM – ITS ALWAYS SOMEONE ELSE'S FAULT OR PROBLEM
- (NEUROTIC – THEY TAKE TOO MUCH RESPONSIBILITY)

SCHIZOID

- APATHETIC,
INDIFFERENT
- DOESN'T ATTACH TO
PEOPLE
- NOT AWARE OF
FEELINGS
- NO DRIVE OR AMBITION
- VERY WITHDRAWN



HISTRIONIC

- DRAMA QUEEN, SEDUCTIVE, SHALLOW
- ATTRACTIVE AND ATTENTION SEEKING
- THEY WILL DRESS VERY PROVOCATIVELY TO ATTRACT ATTENTION
- NEEDS TO BE CENTER OF ATTENTION
- MORE COMMON WITH SUBSTANCE ABUSERS



NARCISSISTIC

- HAS A GRANDIOSE SENSE OF SELF-IMPORTANCE
- IS PREOCCUPIED WITH FANTASIES OF UNLIMITED SUCCESS, POWER, BRILLIANCE, BEAUTY, OR IDEAL LOVE
- BELIEVES THAT HE OR SHE IS "SPECIAL" AND UNIQUE
- REQUIRES EXCESSIVE ADMIRATION
- HAS A SENSE OF ENTITLEMENT
- TAKES ADVANTAGE OF PEOPLE
- LACKS EMPATHY

NARCISSIST GENERATION ME

- INFLATED GRADES, CONSTANT PRAISE AND MATERIALISTIC ENTITLEMENT
- GIVING KIDS SWEET-16 PARTIES AND OTHER RITE OF PASSAGE PARTIES ALL IN THE NAME OF SELF-ESTEEM
- THIS GENERATION HAS A DISPROPORTIONATE SENSES OF SELF-WORTH – PARENTS ALWAYS “FIX THINGS” LIKE PROBLEMS AT SCHOOL AND AT WORK
- MORE THAN 10% OF 20-SOMETHINGS AGREE WITH THIS STATEMENT; “IF I SHOW UP TO EVERY CLASS, I DESERVE AT LEAST A “B”.

NARCISSIST GENERATION ME

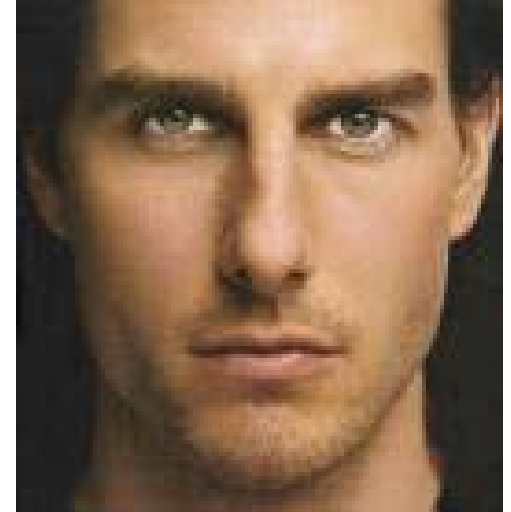
- A SENSE OF ENTITLEMENT
- A SENSE OF THINKING THEY ARE SPECIAL AND DESERVE SPECIAL THINGS

MORE OF NARCISSISTIC PD

- IS OFTEN *ENVIIOUS* OF OTHERS OR BELIEVES OTHERS ARE *ENVIIOUS* OF HIM OR HER
- SHOWS ARROGANT, HAUGHTY BEHAVIORS OR ATTITUDES
- EGOTISTICAL, ENTITLED, BETTER THAN OTHERS
- SUPERIOR, SELF-CENTERED
- PRONE TO DEPRESSION AND PARANOIA
- FIRST 18-MONTHS OF CONNECTION IS CRITICAL
- ACTORS AND ESPECIALLY REALITY SHOW CHARACTERS SHOW A HIGH LEVEL OF NARCISSISM WHEN GIVEN THE INVENTORY TO DIAGNOSE NARCISSISM

- MANY DICTATORS, CRIMINALS AND CELEBRITIES HAD OR HAVE NARCISSISTIC PERSONALITIES.
- HITLER AND STALIN
- ALEC BALDWIN, SHARON STONE, ELVIS PRESLEY, WILLIAM SHATNER, MICHEAL JACKSON, OJ SIMPSON,
- (ACCORDING TO WIKI ANSWERS – JUST THINK OF THEIR PUBLIC PERSONALITIES WITHOUT LABELING THEM AS NARCISSISTS – NONE OF THEM THAT I KNOW OF HAVE BEEN PROVEN TO BE NARCISSISTS.

THINK OF THEIR PUBLIC PERSONALITIES



ANTISOCIAL PD

- EGOCENTRICITY, CALLOUSNESS, IMPULSIVENESS, CONSCIENCE DEFECT, EXAGGERATED SEXUALITY, EXCESSIVE BOASTING, RISK TAKING, ANTAGONISTIC, DEPRECATING ATTITUDE TOWARD THE OPPOSITE SEX, AND LACK OF BONDING WITH A MATE. ALTHOUGH EGOCENTRICITY AND SELFISHNESS ARE THE NORM. SOCIOPATHS MAY BELIEVE THEY ARE CONTRIBUTING TO SOCIETY AND COULD BE POLITICIANS, CEOs OF COMPANIES AND THE LIKE

MORE ANTI-SOCIAL

- NO CONSCIENCE SO THEY HAVE NO TROUBLE HURTING OTHERS
- CHILDHOOD MARKED BY TORTURING AND KILLING OF SMALL ANIMALS
- LOVE TO PLAY WITH FIRE – PYROMANIAC
- GETTING INTO TROUBLE AS KIDS (THEY WOULDN'T LAST VERY LONG AT BMHS UNLESS THEY REALLY WANTED TO STAY FOR SOME SELF-SERVING PURPOSE)

PSYCHOPATHS

- COMMON PERSONALITY CHARACTERISTICS OF PSYCHOPATHS ARE: GLIB AND CHARM, GRANDIOSE SENSE OF SELF-WORTH, PATHOLOGICAL LYING, CONNING AND MANIPULATION, LACK OF REMORSE, PROMISCUOUS BEHAVIOR, AND CRIMINAL VERSATILITY – GREAT SALESMEN – PROBABLY MOST COULD PASS A POLYGRAPH TEST BECAUSE THEY BELIEVE THEIR OWN LIES

ANTI-SOCIAL CHARACTERS



TONY SOPRANO IN THE
SOPRANOS



SHARON STONE'S
CHARACTER IN BASIC
INSTINCT

COMPULSIVE

- RESTRAINED, CONSCIENTIOUS, RESPECTFUL
- VERY RIGID, CONVENTIONAL, RESPECTFUL
- VERY ANGRY UNDERNEATH – GREW UP WITH VERY DISCIPLINED ENVIRONMENT
- REALLY FEARS DISAPPROVAL
- VERY MORAL – PERFECTIONIST – IF YOU MOVE SOMETHING THEY FREAK OUT
- MIGHT BE GREAT WORKERS --
- TELL JUSTIN / JOHN STORY SIGHT SWITCH



FROM THE
MOVIE
DRAGNET

BORDERLINE PD

- PROBABLY THE BEST FUTURE AS FAR AS GETTING OVER THE DISORDER
- FEARS ABANDONMENT – CHASE – RUN RELATIONSHIPS
- IMPULSIVE – SELF DAMAGING – SUICIDAL
- VERY PROMISCUOUS
- SPLITTING
- MAY ALSO BECOME PSYCHOTIC

BORDERLINE

- CHAMELEONS – THEY HAVE NO SENSE OF SELF- SO THEY BECOME WHAT THEIR PARTNER WANTS THEM TO BECOME UNCONSCIOUSLY – BIKER GIRL TO CHOIR GIRL OR WHATEVER THE PARTNER LOOKS FOR UNCONSCIOUSLY
- FEMALES WITH BORDERLINE CAN GIVE OFF THE “VIBE” THAT THEY ARE VERY SEXUAL – EVEN THE CHOIR-GIRL BORDERLINE CAN GIVE THAT UNCONSCIOUS IMPRESSION
- ERRATIC RELATIONSHIPS STAND OUT IN THIS TYPE OF DISORDER – ON AGAIN, OFF AGAIN RELATIONSHIPS WHERE YOU CAN TIME THE BREAK-UP AND THE “GET-BACK-TOGETHER” ON A CALENDAR
- MOTHER’S ARE BORDERLINES – SEXUALLY ABUSED AS CHILDREN