

Type A vs. Type B

The Type A personality generally lives at a higher stress level. This is driven by:

- They enjoy achievement of goals, with greater enjoyment in achieving of more difficult goals. They are thus constantly working hard to achieve these.
- They find it difficult to stop, even when they have achieved goals.
- They feel the pressure of time, constantly working flat out.
- They are highly competitive and will, if necessary create competition.
- They hate failure and will work hard to avoid it.
- They are generally pretty fit and often well-educated (a result of their anxiety).

The Type B personality generally lives at a lower stress level and are typically:

- They work steadily, enjoying achievements but not becoming stressed when they are not achieved.
- When faced with competition, they do not mind losing and either enjoy the game or back down.
- They may be creative and enjoy exploring ideas and concepts.
- They are often reflective, thinking about the outer and inner worlds.

Structural and Topographical Models Together



Psychoanalytic theory

Levels of awareness
and
Personality structure

Conscious mind
STM

Preconscious
(outside awareness
but accessible)
LTM

Unconscious mind
(not accessible)
Primary motivations,
unacceptable thoughts,
memories & feelings

CONSCIOUS MIND VERSUS SUBCONSCIOUS MIND

Conscious mind takes control over logical and intellectual processes

Decision making, planning, communication through language and skills of organization are controlled by conscious mind

Does not depend on the accessible information

Can be aware of both internal mental functions and external happenings

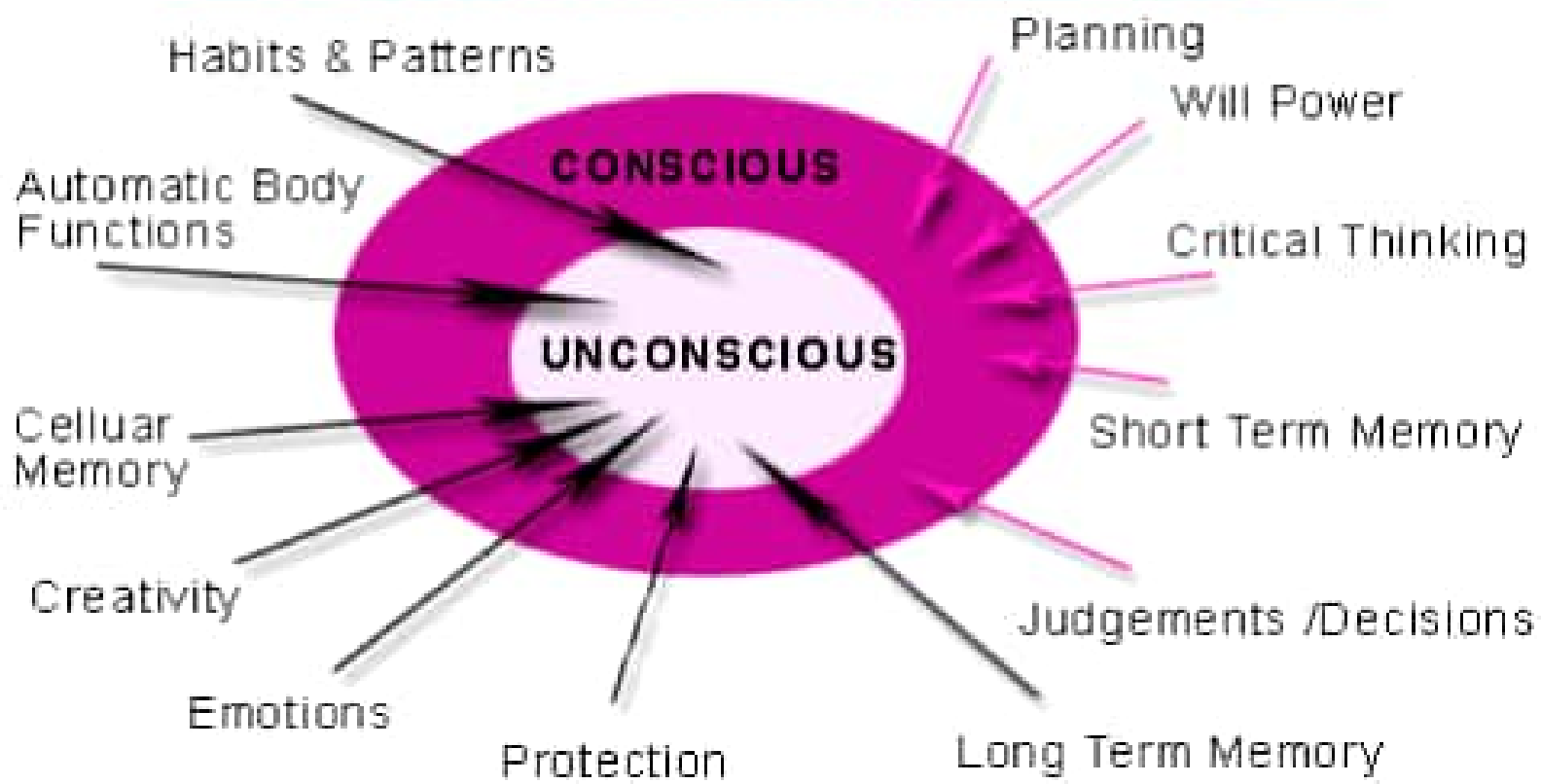
Subconscious mind mainly has the control over physical functions

Breathing and digestion, memory, feelings, emotions, beliefs, attitudes and gut instincts are controlled by subconscious mind

Depend only on the accessible information

Not aware of both internal mental functions and external happenings

CONSCIOUS / SUBCONSCIOUS (Unconscious) MIND



Healing Each Level of the Mind

Theory of the Mind

Conscious Mind

- Talk Therapy
- Cognitive Therapy
- Positive Psychology
- Solution Based Therapy
- Cognitive Behavioural Therapy



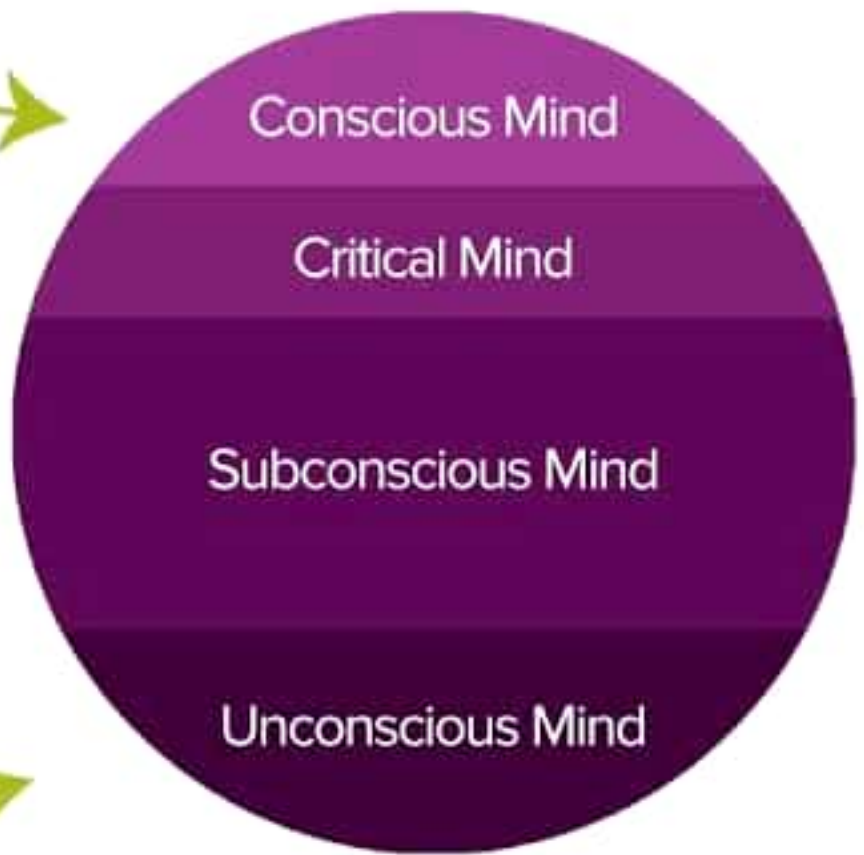
Subconscious Mind

- EMDR
- Hypnosis
- Meditation
- Art Therapy
- Narrative Therapy
- Neurolinguistic Therapy
- Emotional Freedom Technique
- Repetition of all Conscious Mind Therapies



Unconscious Mind

- Hypnosis
- Dream Therapy
- Timeline Therapy
- Regression Therapy
- Past Life Therapy
- Root Cause Therapy
- Psychodynamic Therapy
- Psychoanalytic Therapy



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PERSONALITY

Personality has 3 parts (**tripartite**)

Id

Primitive features that are driven by an unconscious need for pleasure (**pleasure principle**). Present at birth. Displays itself as selfish and demands gratification.



"I want it now"

Ego

Develops around the age of 2 and focuses on the **reality principle**. It reduces the conflict between Id and Superego by implementing **defence mechanisms**.



"We need to plan and wait in order to have it"

Superego

Develops around the age of 5. It's our internal morals (**morality principle**) that we learn from our same-sex parent, that punishes our ego for any wrong through guilt.



"You can't have it, it's not right"

