

IAL1203 Personality Improvement and Grooming

Unit 2 Theories of Personality

- ☑ The Big Five Personality Dimension
- ☑ Positive Personality through Positive Thinking

What you have learnt in previous class?

- What's Personality?
- Dimensions of Personality

Today's Topics

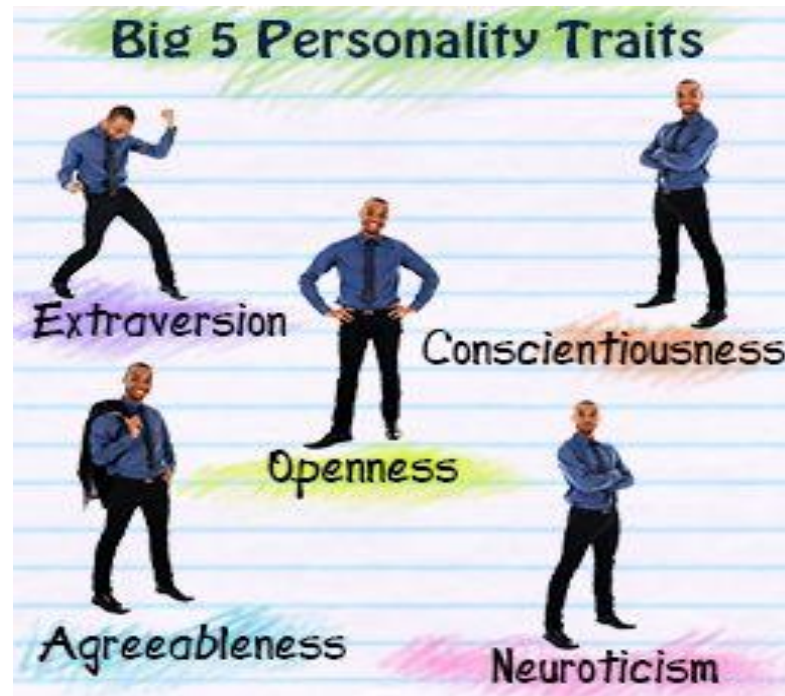
- The Big Five Personality Dimension
- Positive Personality through Positive Thinking

The Big Five Personality Dimension

- What makes someone who they are?
- Each person has an idea of their own personality type – if they are bubbly or reserved, sensitive or thick-skinned.
- Psychologists who try to tease out the science of who we are define personality as individual differences in the way people tend to *think, feel and behave*.
- There are many ways to measure personality, but psychologists have mostly given up on trying to divide humanity neatly into types. Instead, they focus on *personality traits*.

The Big Five Personality Test

[HERE](#)



The Big Five Personality

Openness

Conscientiousness

Extraversion

Agreeableness

Neuroticism

The Big Five Personality (cont.)

- The Big Five are the ingredients that make up each individual's personality.
- A person might have a dash of openness, a lot of conscientiousness, an average amount of extraversion, plenty of agreeableness and almost no neuroticism at all.
- Or someone could be disagreeable, neurotic, introverted, conscientious and hardly open at all. Here's what each trait entails:

1. Openness

- Characteristics such as imagination and insight, and a broad range of interests, as well as intellectual curiosity, creativity and a preference for novelty and variety.
- Understanding more about our own personalities can help in how we relate to the people close to us – and help them understand us better.

2. Conscientiousness

- High levels of thoughtfulness, good impulse control, and goal-directed behaviors. Those high in conscientiousness tend to be organized and mindful of details, as well as act dutifully, aim for achievement, and prefer planned rather than spontaneous behavior.

3. Extraversion

- Including characteristics such as excitability, sociability, talkativeness, assertiveness and high amounts of emotional expressiveness.

4. Agreeableness

- Attributes such as trust, altruism, kindness, affection, and other pro-social behaviors. A tendency to be compassionate and cooperative rather than suspicious and antagonistic towards others.

4. Neuroticism

- Tendency to experience emotional instability, anxiety, moodiness, irritability, and sadness, as well as having a low tolerance for stress.

Positive Personality through Positive Thinking

- Positive thinking is a mental attitude in which you expect good and favorable results.
- In other words, positive thinking is the process of creating thoughts that create and transform energy into reality.
- A positive mind waits for happiness, health and a happy ending in any situation.

Positive Personality through Positive Thinking (cont.)

- More and more successful people will tell you that they got where they are now because they made a lifestyle around positive thinking.
- A person that faces life with a positive attitude will always be more successful in life both professionally and personally, than a person that can not take control of his thoughts.
- It is increasingly common to hear people say: “Think positive!” to a person which is sad and worried.

Benefits of positive thinking

- Reduces daily stress
- You get a better health
- A strong confidence
- Live a longer life
- Live a happier life
- You will have more friends
- Better management of important decisions
- and the list goes on.

How you apply positive thinking

1. Use positive words when talking
2. Remove all the feelings that are not positive!
3. Use words that evoke strength and success
4. Practice positive affirmations
5. Redirect your thoughts!
6. Start thinking you will succeed!
7. Analyze what went wrong
8. Forgive you!
9. Think of a failure as an opportunity
10. Working at your imagination / visualization

How Positive Thinking Affects Personality Development

- Our individual personality makes up the very essence of our totality as a human being.
- We can never be someone else we are not; no matter how hard we try to imitate each other.
- But we can choose to have a character that stands out from the rest or simply win admiration from people.

How Positive Thinking Affects Personality Development (cont.)

- Having an admirable personality is not just about being physically attractive or appealing.
- As initially mentioned, it is a complete package - physical, emotional, mental, spiritual, and general well-being.
- One essential element in personality development is positive thinking. This conditioning improves the mental aspect of our personality.

Personality Development on Mental Well-Being

- A sound mental well-being is an important aspect of personality development.
- Make an effort to shift negative thoughts to positive thinking.
- Let go of negative self-talk as it only distresses the mind.
- Thoughts are best expressed either verbally or through actions.
- They become more realistic rather than just keeping it in your mind.

Positive Attitude means Pleasing Personality

- We learned that positive thinking is also manifested through a positive attitude, since our thinking, feelings, and actions are always a match.
- Our attitude speaks so much of who we are either professionally or personally.
- People despise those who conduct in an undesirable manner.

Positive Attitude means Pleasing Personality (cont.)

- It follows that when you have a bad attitude, you think, feel and act or even react negatively toward people and situations.
- Then, the impression you create on people is someone having a displeasing personality.
- If you wish to create a good impression of yourself toward others, you would rather consider seeing things on a positive side.
- This will eliminate ill thinking and unwanted attitude. You will learn to deal with others with respect, having more consideration and sensitivity towards their feelings and opinions.

The Positive Character Traits in Personality Development

- *a. Enthusiasm*
- *b. Optimism*
- *c. Adaptability*
- *d. Self-Esteem*
- *e. Confidence*
- *f. Self-Control*

a. Enthusiasm

- Positive thinking accompanied with enthusiasm drives the passion to attain something you want to achieve.
- Do not allow moments of lapses and dull instances wherein you just sit blankly.

b. Optimism

- Obviously, with constructive and affirmative thoughts, you will be transformed into an optimistic person.
- You will learn how to take more control of trying situations, and will view every action and circumstance in a good way.

c. Adaptability

- When you have learned to see the positive and brighter side of things, you are bound to become more flexible in dealing with all sorts of undertakings in life.

d. Self-Esteem

- Well, with a positive attitude that knows how to treat and respect people accordingly, you will also have learned to respect yourself more in the process.
- Trust that you are capable of radiating that admirable personality to others who may need to realize their worth.

e. Confidence

- Who would not want to have a confident personality? Show that you can be entrusted with any task. Be positive in manifesting this confidence, but do not be too arrogant of yourself.

f. Self-Control

- When you have made positive thinking a habit in every little or big thing you do, maintain consistency and self-control of your thinking and emotions. Always keep a humble and kind heart.

- What do you get from today's topics?
 - Any Questions?