

# Final psy 230



**ASSIGN  
BUSTER**

My personality has evolved to a place I would of never expected It to In the past five years. There were several events that led to this evolution. Other factors that have helped develop my personality are : religion, race, culture, family, and gender. There Is not much I would change in my Fife, because believe every thing happens for a reason. All of these put together have helped create the person I have become today.

Personality evolution over the past 5 years My personality evolution over the past 5 years seems to be appropriate for me cause, I have had several events happen starting 5 years ago that personally thought that would never happen. Five years ago on December 24 I married my highlights sweet heart after not seeing him for 12 years. Shortly after this I became pregnant with my son, and two years after that we were blessed with another son. Last year I come to a place with my self-confidence and self-esteem that I went back to school.

These events may seem like everyday events, but they turned a depressed, drug addicted, alcoholic into a happy, sober, confident women I see today. 008 I was a lost soul comparing my personality to the Big 5 Trait Clusters one would see that I was Introversion preferring to be alone, my agreeableness was non- assistant, I was still conscientious always giving my time to others, I was high on the neurotics I was suffering anxiety, mood swings, and was depressed, I have always had an openness for new experiences before I got married I had a habit of dangerous new experiences.

There was one statement that changed my life around, " the situation could always be worse, and if you are not happy change what is causing your unhappiness. I do not know why this struck accord with me, but It did. I entered into rehab, cleaned my self up and started with a new outlook on Life. My husband moved back to Pennsylvania in November seeing the new me we decided to get married on Christmas Eve. His positive personality rubbed off on me. He gives me the motivation to be a better person in this world, and Steve for the best I can be.

Some people that I use to hang around with say I am cocky now, and I look at them and say " no, now I have self-confidence, and self-esteem which you could have too If you found yourself". Today I am a full-time student, a mother, hold a management position where I work. On the Big Five Trait clusters I now surround myself with positive people peering to be with people, I am agreeable constantly hugging my family and friends, and I am no longer suffering from depression and anxiety on the minorities cluster.

My personality traits have went from those of a negative person to a positive happy person. I have also discovered that Moslems theory of biological and physiological needs and that they hold true. I could not move on with my life until my needs were met and for me I was stuck at the level of safety needs. Once I fulfilled my safety needs I could move on to the next step working on belongingness and love. The reason was stuck on this level was because, of my drug use, and other years moved past esteem needs working on self-actualization needs.

This theory of personality fits me best I feel because, I see the steps in my past and how they relate to how my personality has evolved. Other factors that helped develop my personality Besides the events of the past five years other factors have played an important role in developing my personality such as religion, race, culture, family, and gender. These factors a vital part of the makeup of all people's personality.

Some affecting personality development more then others such as mine where gender, and religion have had little effects on me and my family has had the most. Family influence on my personality has made me a more happy positive person. My gender does not effect my personality very much because, I believe that gender is Just a stereo-type and I can do anything a man can do. Race and culture are the same thing to me and both have had little effect on my personality, because I feel life events help develop it.

When it comes to religion or what I disbelieve for I do not believe in organized religion, it has played one part in the development of my personality by giving me the habit of questioning everything if I see something out of the norm I want to know why and am not one to stereo type. For example I see a person being standoffish at a social gathering I will pester them to see what is wrong. There might be a personal or social, or the person might Just not be feeling good. These factors have little to do with the development of personally and I think that is part of personality.