

# Me myself and personality traits essay



**ASSIGN  
BUSTER**

Me Myself and Personality Traits When asked to describe myself I never know what to say, but I should know myself the best, right? I like to look at myself as a genuine, thoughtful young lady. I'm a hard worker; I believe nothing is ever handed to you so you have to go get it. I worked hard to get to this point of my life and working even harder to get to the successful and graduate part of my life. I care more for some others than I do myself but I have a huge nonchalant attitude. I don't really show anger or sadness much I always smile because I'm optimistic about life.

I look at life as if something bad comes along, no need to dwell on it you can't take it back so just move-on and improve what you did wrong if it's possible. Strong is another trait I like to associate with myself because through all I have been through I made it and I'm still standing. I don't let thing phase me very much because I've been through a lot so I've felt pain before and depression and all other worthless feelings so I have repressed that and won't allow myself to feel it again. I am determined, strong-minded, outspoken, thoughtful, caring, and the most important, honest.

Honesty is the most honorable trait to me because I feel being honest with someone can get you so much farther in life. My motivations in life is my background, I don't want to go back to my past or where I'm from so I am determined to get away and I need a degree for that. Each of the perspectives play into my personality but the one that I would say really explains me is the Psychodynamic. Psychodynamic is where your inner conflicts or things that happen to you influence your behaviors. I've grown to be more secure; I don't trust many people and stay more to myself due to the things that go on in my life and even around me.

Biological Approach is somewhat related to my personality because I have suffered from depression and my mother and brother both suffer from Bipolar disorder and Depression. When it comes to Learning approach I can say I was taught to not look down upon people who have less than me and to always try to help someone if I can. I was taught to be caring and thoughtful; I wasn't taught anything else from anyone other than not to trust people. I'm the odd ball of my family because I am nothing like anyone. I can say I was also taught to believe in myself and never down myself because I can accomplish anything.

That is shown through my determination and hard work because if I didn't believe in myself I wouldn't try as hard. Last but not all, Humanistic approach sums up my personality a little more than psychodynamic does because it involves nature vs. nurture and that kind of sums it up just saying that. Environment and Heredity is kind of the main reasons of my attitudes and actions. In the article, Time-Limited Psychodynamic Psychotherapy, Briggs conducts different forms of psychotherapy techniques to prove whether things in an adolescent's life effect different adolescents differently.

His study was a success and proved that many adolescents have different interpretations on the same issue. He read them off different problems and wanted to see how they would interpret them. He used children in the age groups of 12-17 and it worked out. I think that the different approaches can be brought together in some circumstances but in my case it doesn't. My personality makes more sense coming from the humanistic approach. Briggs, Stephen (2010). Time-Limited Psychodynamic Psychotherapy for Adolescents and Young Adults. Journal of Social Work Practice