


**Personality**  
What makes us who we are?

**Psychology 305A: Lecture 7**

**Contemporary Psychoanalytic Approaches Wrap up**

**(Maybe) Begin Motives Approach 1**



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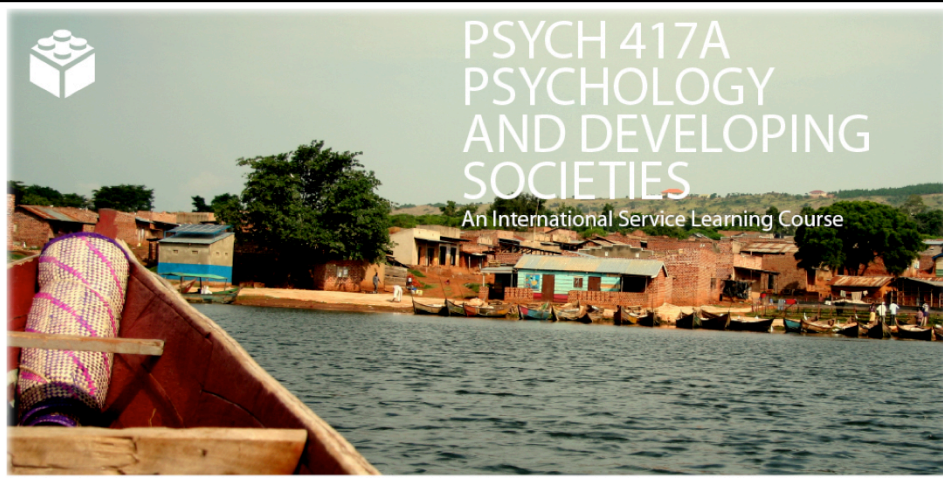
What obstacles have hindered psychology's involvement in international development? How can psychology contribute to global development initiatives?

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**ARA (Arts Research Abroad) Award**  
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**Eligibility + pre-requisites**

1. 3<sup>rd</sup> - 4<sup>th</sup> year Arts Student in the Vancouver Campus
2. Psychology Major
3. Minimum GPA of 70%\*
4. Enrolled in at least 24 credits in the 2014-2015 academic year

**ISL Award - \$1500**

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1. Minimum GPA of 70% in your top 24 credits of 2014-15\*

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## What Causes Narcissism?

- **Parents over-idealize child, set up unrealistic standards**
- **Simultaneously, they excessively criticize child for failing to meet unrealistic standards**
- **“Narcissistic wound” – early humiliation experience**
- **Narcissists overcompensate for insecurities by self-aggrandizing**

## Measuring Narcissism

**Circle the choice that most accurately describes you:**

- A. I am much like everyone else
- B. I am an extraordinary person
  
- A. I like to look at myself in the mirror
- B. I am not particularly interested in looking at myself in the mirror

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## Measuring Narcissism

- **Unrealistically positive beliefs about abilities and achievements**
  - “I can make anybody believe anything I want them to.”
  - 37% agree
- **Preoccupied with fantasies of unlimited success, power, brilliance, and beauty**
  - “If I ruled the world it would be a much better place.”
  - 45% agree
- **Strong sense of entitlement**
  - “I will never be satisfied until I get all that I deserve.”
  - 26% agree
- **Grandiose sense of self-importance**
  - “I am an extraordinary person.”
  - 55% agree

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## Narcissism and Therapy

- **Narcissists typically go to therapy for external life problems**
  - Work
    - Repeated failures
    - Not living up to their own career expectations
  - Love
    - Idealization and devaluation of romantic partners
    - Always need to be center of attention
- **Narcissistic Personality Disorder is very difficult to treat in therapy**
  - Why?

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## Research Findings on Normal-Range Narcissism

- **More first person pronoun usage**
  - I, me
- **Look in the mirror more frequently**
- **Take credit for their accomplishments but blame others for their failures**

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## Research Study: How Deep-Seated Are Narcissistic Illusions?

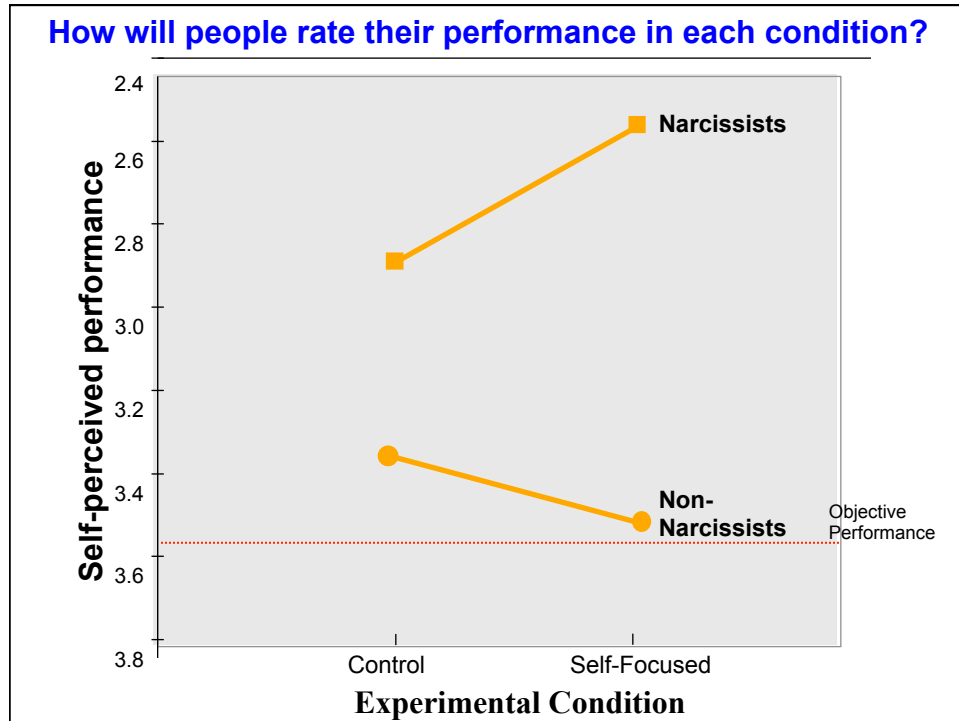
- **Do narcissists become less grandiose when they have the opportunity to see how others see them?**
- **Experiment: Manipulate visual perspective via video**
  - *Show* narcissists how others see them

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## Method

- 1) Self-Evaluation
  - Rate self's performance relative to other group members
- 2) Objective Evaluation
  - 12 psychologists
  - 5 other group members ("peers")
  - Objective task outcome (success vs. failure)
- DV: Self-Enhancement Bias = **degree to which self-evaluation is more positive than objective evaluation**
- IV: Manipulation of Self-Focused Attention
  - Control Condition:
    - Evaluate performance immediately after group discussion
  - Self-Focused Condition:
    - Evaluate performance after viewing videotape of self participating in discussion

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## Comments After Watching Self on Video

- Narcissistic Individual
  - "I came across more or less the way I would want to: stern but compassionate, matter of fact, business like and effective. I liked watching myself very much. Not too many surprises."
- Non-Narcissistic Individual
  - "I don't think I performed as well as I thought I did. The only impressions I got from watching myself on videotape were the bad ones. It was quite a sobering experience."

## **Narcissism as Pathology**

- **Two types**
  - Grandiose/Malignant Narcissist
  - Fragile narcissist

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## **Grandiose/malignant narcissist**

- **Has an exaggerated sense of self-importance**
- **Appears to feel privileged and entitled**
- **Has little empathy**
- **Tends to blame own failures or shortcomings on other people or circumstances**
- **Tends to be critical of others**
- **Tends to be controlling**
- **Has little psychological insight into own motives, behavior, etc.**

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## Fragile narcissist

- Tends to feel unhappy, depressed, or despondent
- Tends to be critical of others
- Has an exaggerated sense of self-importance
- Tends to feel anxious
- Tends to feel envious
- Is prone to painful feelings of emptiness
- Appears to feel privileged and entitled
- Tends to feel s/he is inadequate, inferior, or a failure

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## A Real Clinical Case

- 40 year-old, college educated single male
- Socially isolated, impaired intimacy
- “Empty” depression, anhedonia, self-criticality
- Chronically suicidal
- 3 hospitalizations in the last year:  
ECT, Medication did not help
- Pursuing Disability
- Living w/ parents after most recent hospitalization
- *Overt Presentation: Vulnerable, Low Self-Esteem*

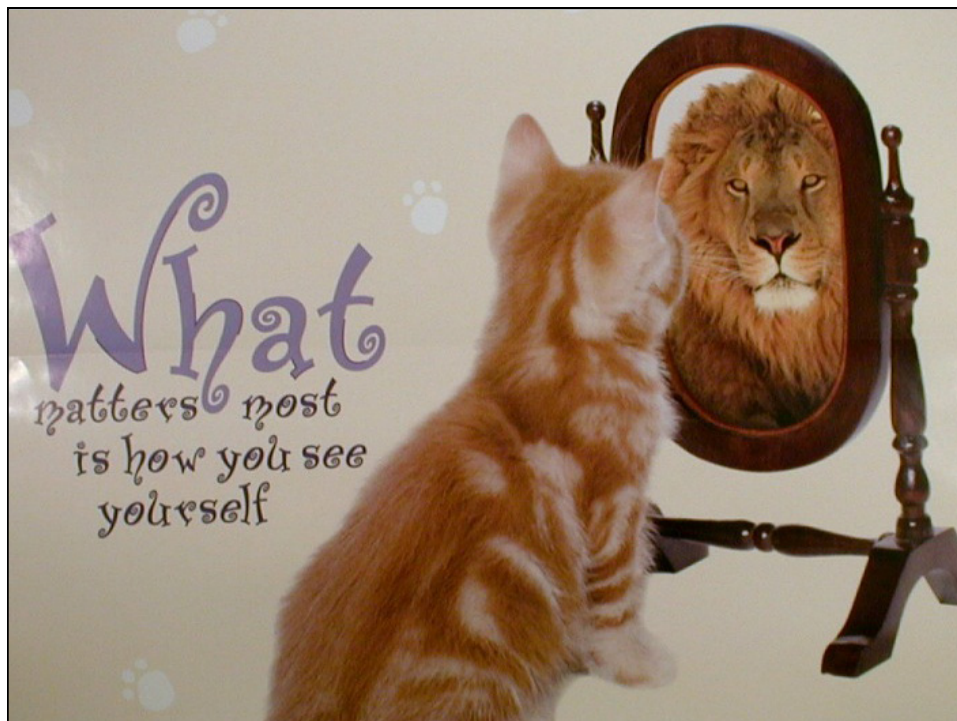
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## More information about this case

- Can't play guitar b/c no one pays to hear him play
  - Feels that daily responsibilities are a "hassle" and he should not have to do them (e.g., groceries, finding a job, balancing his checkbook, filling out forms, paying taxes).
  - Lived off a trust fund (recently depleted).
  - Resents parents for aging and having decreasing resources.
  - Can't hold a job because he resents lack of control over his schedule and accommodation to others' schedules.
  - Can't tolerate listening to "other people's crap."
  - Everything becomes "flawed."
  - Often withheld information in treatment
- *Covert Presentation: Fragile Narcissism?*

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## **5. Object Relations Theory**

**Modern research on influence  
of childhood on adulthood  
relationships**

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## **Object Relations Theory**

- **Emphasis on social relationships**
- **Origins of adult relationships in childhood**
- **Internalized representations (i.e., unconscious) of parents become basis for relating to others**

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## Early Childhood Attachment

- **Early bond with parents influences child's personality**
- **Harlow (1958)**
  - Raised monkeys apart from mother
    - Provided surrogate “wire” mom or surrogate “cloth mom”
    - Surrogate wire mom provided food and water
  - Which surrogate did monkeys spend most time with?

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## Early Attachment

Even when wire mom provided food, infant monkeys stayed close to cloth mom



Importance of physical contact between infant and caregiver.

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## Early Attachment

- **Infant monkeys deprived of real mothers became anxious, insecure, abnormal sexually**
- **Bowlby (1969) noticed a similar pattern in humans**
- **But, there are individual differences in kids' behaviors**
  - Some become anxious until mom returns (separation anxiety)
  - Some become depressed, and show anger and detachment when mom returns

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## Early Attachment

- **Ainsworth: Strange Situation Procedure**
  - How does a child respond to being left with a friendly stranger for a few minutes?
- **3 Responses**
  1. Continue exploration, play, happy to see mother upon return
  2. Unfazed when mother left, and avoidant upon return
  3. Very anxious throughout procedure, clingy *and* angry upon return
- **3 Attachment styles**
  - Secure, Avoidant, Anxious-Ambivalent

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## Early Attachment

- **Child's behaviors in Strange Situation predict:**
  - Mother's behavior toward child
    - How responsive to child's needs?
  - "Internal working models" for later relationships
    - Unconscious expectations for how people will treat them
  - Adult attachment styles

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## Adult Attachment

- **Hazan and Shaver (1987)**
- **Found similar patterns of attachment in adult relationships**
  - Secure relationship style
  - Avoidant relationship style
  - Anxious-Ambivalent (Preoccupied) relationship style

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### What is your attachment style?

*Read each of the three self-descriptions below and place a checkmark next to the single alternative that best describes how you feel in romantic relationships or is nearest to the way you feel.*

\_\_\_\_\_ A. I am somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them. I am nervous when anyone gets too close, and often, others want me to be more intimate than I feel comfortable being.

\_\_\_\_\_ B. I find it relatively easy to get close to others and am comfortable depending on them and having them depend on me. I don't worry about being abandoned or about someone getting too close to me.

\_\_\_\_\_ C. I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won't want to stay with me. I want to get very close to my partner, and this sometimes scares people away.

### Next Class

- **Finish Psychoanalytic Approach**
- **Cover Motives & the Humanistic Approach**