Understanding the relationship between personality and identity

In this tutorial you will check your understanding of personality and its relationship to identity

- **Syllabus bullet point:** the development of personality, self-awareness and self-concept

A personality is unique to each individual and is best described as a pattern or combination of thinking and behavior that is unique to you. Your personality and identity is the outcome of socialisation and all of the experiences that you have had growing up.

Complete the table with your ideas for the meaning of these concepts

<table>
<thead>
<tr>
<th>Personality</th>
<th>Self-awareness</th>
<th>Self-concept</th>
<th>Identity</th>
</tr>
</thead>
</table>

To check your understanding of the difference between self-concept and personality click [HERE](#).

To check your understanding of the difference between self-concept and self-awareness click [HERE](#).

To check your understanding of the definition of identity click [HERE](#).

The theory of Personality Types states that individuals are:

1. either primarily Extroverted or Introverted
2. either primarily Sensing or iNtuitive
3. either primarily Thinking or Feeling
4. either primarily Judging or Perceiving

Click here and watch the following film: [https://www.youtube.com/watch?v=WQoOqQiVzwQ](https://www.youtube.com/watch?v=WQoOqQiVzwQ)

And then go to the following web site:

http://www.typefinder.com/view/types

To learn more about each personality type and then tick your personality types tp know your personal type eg are you an ISTJ or ISFJ or INFJ or INTJ or...

<table>
<thead>
<tr>
<th>✓</th>
<th>✓</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extroverted</td>
<td>Introverted</td>
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</tbody>
</table>
Activities

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1. Now that you know a little more about you, describe your personality.
2. List the experiences you have had that have helped create you and your identity

Exam type question:

1. Distinguish personality and self-concept. (in your answer use the word 'whereas')