**November 20, 2017**

**Complete the following exercise:**

* Select some psychological phenomenon (behaviour, affect, cognition, or combinations of these) that one might wish to study and understand, preferably something that a person might be interested in trying to change. See several examples listed below.
* Select two or more approaches to the study of psychology/personality described by Butt and listed after the phenomena.
* Summarize your sense of how these approaches differ regarding what they would suggest for trying to understand the phenomenon you selected.
* Briefly summarize your sense of how these two approaches differ regarding what they would suggest for trying to change the phenomenon.

**Psychological Phenomena**

1. I become exceedingly anxious about going to my tutorials, so much so that I often skip. I’m really nervous that the TA will think I don’t know anything.

2. I’m in terrible shape. I eat too many high-fat foods and don’t exercise.

3. My boyfriend sometimes hits me, but I know I love him.

4. I am very obsessive about planning every moment of my day. I hate surprises.

5. I hate my work; almost every day a customer is really rude and I go home and just cry.

6. There are two Ebolians in my workgroup, but I really can't stand the way Ebolians are always so pushy.

7. I love to hear people gossiping; I want to know everything; it’s so much more interesting than working.

8. I don’t trust men; they all say they’ll be true, but they never are.

9. I like my roommate; but every time he gets a good mark, I want nothing to do with him. It takes me a week to get over it.

10. She got me in trouble; she told the principal that I was bullying her, but it doesn’t mean anything, that’s just the way our group shows we’re tough.

11. I really hate it when my girlfriend talks to other guys and then I lash out and say really awful things to her.

12. I continually procrastinate on really important school assignments; I always delay, delay, delay until the very last minute.

13. If the different foods on my plate touch each other, I feel totally disgusted and can't eat anything.

14. My brother is so lazy; he is really smart, but he does nothing but play video games all day.

**Psychological Approaches**

1. Behaviourist approaches

2. Trait approaches

3. Biological reductionist approaches

4. Cognitive social approaches

5. Psychoanalytic approaches – Freud

6. Psychoanalytic approaches – Object relations theories

7. Humanistic approaches – Rogers’ person-centred theory

8. Humanistic approaches – Kelly’s Personal construct theory

9. Social constructionist approaches