13.1 Where Does Personality Come From?
- Personality is Rooted in Genetics
- Temperaments Are Evident in Infancy
- There are Long-Term Implications of Temperaments
- Personality is Adaptive

13.2 What Are the Theories of Personality?
- Psychodynamic Theories Emphasize Unconscious and Dynamic Processes
- Personality Reflects Learning and Cognition
- Humanistic Approaches Emphasize Integrated Personal Experiences
- Trait Approaches Describe Behavioral Dispositions

13.3 How Stable Is Personality?
- Sometimes People Are Inconsistent
- Behavior is Influenced by the Interaction of Personality and Situations
- Personality Traits Are Relatively Stable Over Time
- Development and Life Events Alter Personality Traits
- Culture Influences Personality

13.4 How Is Personality Assessed?
- Personality Refers to Both Unique and Common Characteristics
- Researchers Use Multiple Methods to Assess Personality
- Observers Show Accuracy in Trait Judgments

13.4 How Do We Know Our Own Personality?
- Our Self-Concepts Consist of Self-knowledge
- Perceived Social Regard Influences Self-Esteem
- People Use Mental Strategies to Maintain a Positive Sense of Self
- There are Cultural Differences in the Self