

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

Personality	
Self-awareness	
Self-concept	
Identity	

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 **E**xtroverted or **I**ntroverted
2. either primarily **S**ensing or **i**Ntuitive
3. either primarily **T**hinking or **F**eeling
4. either primarily **J**udging or **P**erceiving

Click here and watch the following film: <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 to know your personal type eg are you an ISTJ or ISFJ or INFJ or INTJ or...

✓			✓
	E xtroverted	I ntroverted	

Sensing	iNtuitive	
Thinking	Feeling	
Judging	Perceiving	
My personality type is		

Activities

q

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')