

A Theory of Personality Change

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Chapter four in: Personality Change,
Philip Worchel & Donn Byrne (Eds.), New York: John Wiley &
Sons, 1964

INTRODUCTION

PROBLEMS AND OBSERVATIONS

Personality Theory and Personality Change

Two Problems

- * The "Repression Paradigm"
- * The "Content Paradigm"

Two Universal Observations of Personality Change

- * The Feeling Process
- * The Personal Relationship

THE THEORY

Basic Concepts – What are Psychological Events?

1. Experiencing

2. The Direct Referent

3. Implicit

4. Implicit Function (in Perception and Behavior)

5. Completion; Carrying Forward

6. Interaction

The Feeling Process – How Change Takes Place in the Individual

7. Focusing

8. Direct Reference in Psychotherapy (Phase One of Focusing)

9. Unfolding (Phase Two of Focusing)

10. Global Application (Phase Three of Focusing)

11. Referent Movement (Phase Four of Focusing)

12. The Self-Propelled Feeling Process

The Role of the Personal Relationship – How Another Person's Responses Affect the Individual's Experiencing, and How Personality "Contents" Are Inherently Changeable Thereby

13. Manner of Experiencing

- * Immediacy of Experiencing
- * Presentness
- * Richness of Fresh Detail
- * Frozen Wholes
- * Repetitive versus Modifiable
- * Optimal Implicit Functioning

14. In Process versus Structure-Bound

15. Reconstituting

16. Contents Are Process Aspects

17. The Law of Reconstitution of the Experiencing Process

18. Hierarchy of Process Aspects

19. Self-Process

20. The Reconstituting Response is Implicitly Indicated

21. Primacy of Process

22. Process Unity

23. The Self Process and Its Interpersonal Continuity

Repression and Content Definitions Reformulated

24. The Unconscious As Incomplete Process

25. Extreme Structure–Bound Manner of Experiencing (Psychosis, Dreams, Hypnosis, CO₂, LSD, Stimulus Deprivation)

- * Structures are Perceived as Such
- * Extreme Structure–Bound Manner Occurs Whenever the Interactive Process is Greatly Curtailed
- * Lack of Implicit Function
- * "Loss of Self"
- * Static, Repetitious, Unmodifiable Manner
- * The Universality of Psychotic "Contents"
- * Psychotic Experiences Are Not "the Repressed"

26. Content Mutation