

AP Psychology

Van Over

How the Grinch (Or Another Character or Public Personality) Stole Psychology

Key Question: How would each of the psychological approaches explain the curious behavior of the Grinch?

Explain how each Psychologist would analyze the Grinch using their theories.

Due Monday, March 27, 2016, by 8:00 AM--All parts must be typed and submitted on TurnItIn.com

Sigmund Freud's Psychoanalytic Approach Applied to the Grinch:

Define, describe, and relate the Grinch's personality to two psychoanalytic concepts. Be sure to be specific in your choice and description of behaviors. Equally, it is important is that you also provide detailed explanation of the concepts chosen. Most importantly, however, is that you provide a thorough explanation as to how the concept applies.

- Freudian Concepts to consider (for Grinch): Death Instincts; Defense Mechanisms; Unconscious Influences; Fixations; Psychosexual Stages (Remember to choose at least two of these)
- Possible Explanation for the Grinch's Personality Transformation

Alfred Adler's Individual Psychology Approach Applied to the Grinch

Define, describe, and relate the Grinch's personality to two Individual Psychology concepts. Be sure to be specific in your choice and description of behaviors. Equally, it is important is that you also provide detailed explanation of the concepts chosen. Most importantly, however, is that you provide a thorough explanation as to how the concept applies.

- Adlerian Concepts to consider: Organic Source of Inferiority; Superiority Complex; Avoiding Style of life; Social Interest
- Possible Explanation for the Grinch's Personality Transformation

Karen Horney's Neopsychoanalytic Approach Applied to the Grinch

Define, describe, and relate the Grinch's personality to two Neopsychoanalytic concepts. Be sure to be specific in your choice and description of behaviors. Equally, it is important is that you also provide detailed explanation of the concepts chosen. Most importantly, however, is that you provide a thorough explanation as to how the concept applies.

- Horneyan Concepts to consider: Basic Anxiety; Self-Protective Mechanism of Attaining Power; Aggressive Personality; Neurotic Needs for Power and Exploitation; Need for a Dominant Partner
- Possible Explanation for the Grinch's Personality Transformation:

Carl Roger's Humanistic Approach Applied to the Grinch

Define, describe, and relate the Grinch's personality to two Humanistic Approach concepts. Be sure to be specific in your choice and description of behaviors. Equally, it is important is that you also provide detailed explanation of the concepts chosen. Most importantly, however, is that you provide a thorough explanation as to how the concept applies.

- Rogerian Concepts to consider: Positive Regard Unconditional; Positive Regard; Incongruence; Fully Functioning Person.
- Possible Explanation for the Grinch's Personality Transformation:

Example

Abraham Maslow's Humanistic Approach Applied to the Grinch

- **Maslow's Humanistic Concepts:**
 - **Deficiency Needs** (physiological and safety needs) -- the Grinch had food, water, shelter, order, and stability in his life on Mount Crumpit.
 - **Belongingness and Love Needs** -- the Grinch had adequately satisfied his physiological and safety needs, but he was lacking in the area of belongingness and love. He lacked others with whom he could feel as sense of affiliation, affection, and acceptance. Without fulfilling this level of the hierarchy, the Grinch was unable to progress any farther up the hierarchy.
 - **Peak Experience** -- a moment of complete ecstasy when the self is transcended. The Grinch may have had a peak experience when he realized that the Whos did not need their decorations and presents, but that "Christmas perhaps

Don't Know the Grinch Story?

- This video is a narrated "[movie storybook](#)." (14:39)
- This is the [full holiday special](#). (25:42)
- You can watch the movie if you'd like, but it's not required.

Can't do the Grinch?

- Alternate Personality choices
 - Sarah Palin; Ronald Reagan; Bill Clinton; Charlie Sheen; Mel Gibson; Batman; Wolverine, from *X Men*; Walter White, from *Breaking Bad*; Dexter Morgan, from *Dexter*; Peter Griffin, from *Family Guy*; Hilly Holbrook, from *The Help*; Jaime Lannister from *Game of Thrones*; Severus Snape, from the *Harry Potter* series; Anakin Skywalker/Darth Vader, from the *Star Wars* saga.
- Propose your own. In this case, you should propose someone (real or imagined) who can provide enough for you to analyze with each of the theories.

means a little bit more." When the Grinch saves the sled from sliding off the mountain, his eyes change from red to blue, perhaps signaling a peak experience.

- **Jonah Complex** -- our doubts about our own abilities and our fears that we are not up to the task of becoming self-actualized. The Grinch spent so many years hating the Whos because he was afraid to maximize his innate tendencies and live in a different way.

- **Possible Explanation for the Grinch's Personality Transformation:**

The Grinch experienced from the Whos a sense of belongingness and love that he had never known. It allowed him to proceed up the hierarchy, possibly to becoming self-actualized at the end when he gives back all the decorations and presents and functions harmoniously with the Whos.

Project Requirements:

- Begin the response with a description of the character, along with a description of the character's behavior (particularly behavior that is troublesome). Be objective, almost "clinical" sounding when you do this. Consider the following
 - "She was a mean and nasty woman; she never could seem to be nice to people around her, so everyone left her alone."
 - vs
 - "The subject displayed anger and contempt to other people. She appeared to have difficulty with personal and interpersonal relationships and was often isolated."
- The "body" of the paper is determined by each of the theories listed above.
- In the conclusion, do not simply re-state everything from the paper. Instead, address which theory best explains the behavior of the character. Be sure to explain why. The explanation is essential.
- Avoid using the pronouns, "I," or "you" or "we," or "me." You're trying for a formal, academic feel.
- Responses should be typed. Spacing is not an issue.
- Do pay attention to spelling, grammar, and punctuation. This is a bit more formal than an FRQ.
- Information about each of the theories needs to be fully understood in order to match traits/aspects with people. This may require additional research beyond the textbook. **This research should be cited.** The textbook, alone, is typically a basic research. Remember, basic work gets basic grades.
 - When citing websites, use [Citation Machine](#), online. Specify "APA" format. This is because the social sciences (history, political science, teaching, psychology) technically follow writing guidelines prescribed by the American Psychological Association. You will be expected to write using this citation format in college. It just hasn't been a focus of the AP Psych curriculum this semester.
- **I do not expect you to spend an inordinate amount of time on this, and the final product should be no more than 3-4 pages. Please don't make more work for yourself than is necessary by enhancing the writing simply to add length.**