

Psyc 304
Module 6 Archive

The Self across Situations

Most of us think we behave very consistently from situation to situation. However, what most of us think is cross-situational consistency is really temporal consistency, behaving much the same in the same situation on different occasions. Therefore, for many of us, there is some variation in our behavior from situation to situation. This assignment gives you an opportunity to monitor how much your behavior changes from situation to situation.

First, list five different traits that you think are most characteristic of your personality (e.g., humorous, sensitive). Then, keep a descriptive log of your behavior in *five* different situations you are in over the next few days. Write a paragraph about each situation, indicating how you behaved along each of the five traits you listed above. That is, record how you behaved with regard to each trait for each situation. Next, determine whether you feel your behavior was consistent or inconsistent, and why?

Note: Try to pick situations where most of your traits have the “opportunity” to be expressed! For example, if you say you are loud, obnoxious, and deceitful, don’t choose situations where there is no chance for any of these to occur, such as studying alone in your room, because you will come to the obvious conclusion that your traits are inconsistent across situations!

Visual artifact idea: take a snapshot of your five personality traits with subheadings under each specifying the situation in which the trait was manifested. Below you will find a sample format, though you may find that traits may overlap across situations.

Trait 1: Patient

Situation: My husband and I are trying to potty train our daughter. When we first began, she thought the potty was a toy and would run around with it. After day two she realized that she could sit in it. Well throughout the day we allow her to have diaper free time and encourage her to use the big girl potty. Her new favorite thing is to hide behind her tent and poop on the carpet.

My husband and I are frustrated but we are still trying to encourage potty training and understand that it will take time. This behavior was consistent throughout the week, and I am still attempting potty training.



Potty Training at its best!

Trait 2: optimistic

Situation: My whole family is in Seldovia Ukraine, and we skype almost daily. The situation with Russia is intensified and they are all concerned for the future. Even though I am also uncertain of what will happen I have remained hopeful for the best. Whenever I speak to my grandparents, I always try to keep the mood light and positive and constantly telling them that the world will not allow Russia to invade. Although the future is uncertain for the world with covid and now the possibility of another humanitarian crisis I remain hopeful that everything will be ok. I have always been an optimistic person throughout my life.



The pictures I send my grandparents in Ukraine to keep them smiling through these uncertain times.

Trait 3: Empathetic.

Situation 3: Our friend's grandmother passed away this week on top of it he is going through some family issues. Although I know there is nothing, I can do to help him in this situation to make him feel better, but my husband and I make sure to constantly check in with him. The best thing we can do is make sure he knows he is not alone, and we just listen to him. Our heart goes out to him, and we try our best to be there for him no matter what. When it comes to the people around me, I have always been a person who is emotionally engaged with them.



This was my husband and I facetimeing our friend who is going through some tough times.

Trait 4: Friendly

Situation 4: Throughout the week if the weather permits, I take my daughter to the park. One of my favorite things to do is to meet other moms with kids the same age as my daughter. One thing I have noticed is that moms love to talk about their kids, and we usually love to exchange ideas or to simply vent. I would say it is easy for me to meet new people and have and to strike up a conversation.



This was my daughter and I at the park.

Trait 5: Compassionate.

Situation 5: My husband works as a commercial diver and his hours are long, usually between 10-to-12-hour days. Most weeks he works Monday through Saturday and is tired as you can imagine. Well, me being a stay-at-home mom with my daughter and two dogs has its challenges as well. Most days it feels as if we never get a day off because we have no family close by. It has become increasingly more difficult since I am back at school. Even though most days are nonstop for me I still make sure my husband has an amazing dinner and makes his lunch. I also never allow him to do any chores around the house because he needs his body to rest from the week. This is something that just works in our household, and I do not foresee it changing.



My little helper!