## **Basic Psychology Terms**

If you’re doing a basic review of psychological terms, you may see some words pop up in your studies. These terms are common to psychologists and therapists in all fields. Basic psychology terms include:

* **anxiety** - worry or fear that is not proportional to reality
* **attachment theory** - Henry Harlow’s theory of the four attachment styles (secure, avoidant, anxious, and disorganized)
* **attitude -**a person’s mindset that changes in different situations
* **bias -** feeling prejudice for or against something
* **Big Five** - the five main personality traits (neuroticism, extraversion, openness, agreeableness, and conscientiousness)
* **catharsis** - relief that occurs unconscious thoughts become conscious
* **cognition** - mental activity (e.g., understanding, creativity, problem-solving)
* **consciousness** - one’s awareness of the world around them
* **construct** - a method of thinking or theory
* **coping mechanism** - tool to manage and/or relieve stress
* **defense mechanism -**tool to defend oneself against emotional trauma or stress
* **delusions** - beliefs that are held even when proven wrong
* **ego** - part of Freud’s model of the psyche that balances the conflict between the moral conscience (superego) and primal instincts (id)
* **emotional intelligence** - one’s ability to regulate, process, and express emotions
* **extrovert** - a person who gains energy from being around other people
* **hierarchy of needs** - Maslow’s theory that people’s motivations come from four levels of needs (physiological, safety, love and belonging, and self-esteem) that lead to self-actualization
* **id** - the primal, instinctual part of Freud’s model of the human psyche
* **intelligence quotient (IQ) -**score that measures a person’s cognitive abilities
* **introvert** - a person who feels energized after time alone