

internal traits

Internal traits are the intrinsic qualities and characteristics that define an individual's personality, mindset, and behavior. These traits influence how a person perceives the world, interacts with others, and responds to various situations. Understanding internal traits is essential for personal development, improving relationships, and achieving success in different aspects of life. Unlike external traits, which are visible and often superficial, internal traits are deep-seated and shape the core of an individual's identity. In this comprehensive guide, we will explore the various internal traits, their significance, and how they impact personal growth.

Understanding Internal Traits

Definition and Importance

Internal traits refer to the enduring qualities within a person that influence thoughts, emotions, and actions. These traits are often developed over time through experiences, environment, and deliberate effort. They serve as the foundation for a person's character and determine how they navigate life's challenges.

The importance of internal traits lies in their ability to:

- Shape personal identity and integrity
- Guide behaviors and decision-making processes
- Influence relationships and social interactions
- Impact resilience and adaptability in adversity

Distinguishing Internal Traits from External Traits

While external traits are observable features like appearance or mannerisms, internal traits are invisible but powerful. Recognizing the difference helps in understanding individuals more deeply and fostering meaningful connections.

External Traits:

- Physical appearance

- Fashion choices
- Speech patterns

Internal Traits:

- Empathy
- Resilience
- Integrity
- Self-discipline

Types of Internal Traits

Internal traits can be broadly categorized into various types, each playing a vital role in shaping personality and behavior.

1. Emotional Traits

These traits determine how individuals experience and manage their emotions.

- **Empathy:** Ability to understand and share the feelings of others.
- **Resilience:** Capacity to recover quickly from setbacks.
- **Emotional intelligence:** Recognizing, understanding, and managing one's emotions and those of others.

2. Cognitive Traits

Traits related to thinking, reasoning, and perception.

- **Open-mindedness:** Willingness to consider new ideas and perspectives.
- **Curiosity:** Desire to learn and understand more about the world.
- **Critical thinking:** Ability to analyze information objectively and make reasoned judgments.

3. Moral and Ethical Traits

Traits that reflect a person's sense of right and wrong.

- **Integrity:** Adherence to moral and ethical principles.
- **Honesty:** Truthfulness and transparency in actions and speech.
- **Responsibility:** Accountability for one's actions and decisions.

4. Personality Traits

Core aspects of personality that influence consistency in behavior.

- **Optimism:** Tendency to view situations positively.
- **Self-confidence:** Trust in one's abilities and judgment.
- **Patience:** Ability to wait calmly and persist through difficulties.

Developing and Enhancing Internal Traits

Internal traits are not fixed; they can be cultivated and strengthened through intentional effort and self-awareness.

1. Self-Reflection

Regularly assessing one's thoughts and behaviors helps identify areas for growth.

1. Maintain a journal to track emotional responses and decisions.
2. Reflect on past experiences to learn from successes and mistakes.
3. Seek feedback from trusted friends or mentors.

2. Mindfulness and Meditation

Practicing mindfulness enhances emotional regulation and self-awareness.

1. Engage in daily meditation sessions.
2. Practice being present in the moment to reduce impulsivity.
3. Use breathing techniques to manage stress and anxiety.

3. Setting Personal Goals

Goals provide direction for personal development.

1. Identify specific internal traits to develop (e.g., patience, empathy).
2. Create actionable steps to cultivate these traits.
3. Track progress and celebrate milestones.

4. Seeking Education and Experiences

Continuous learning broadens perspectives and enhances internal traits.

1. Read books on emotional intelligence, ethics, and personal growth.
2. Participate in workshops, seminars, or coaching sessions.
3. Engage in diverse social interactions to develop empathy and understanding.

Impact of Internal Traits on Personal and Professional Life

Internal traits significantly influence various life domains, including careers, relationships, and overall well-being.

1. In Personal Relationships

Traits like empathy, honesty, and patience foster trust and intimacy.

- Build stronger connections through understanding and support.
- Resolve conflicts more effectively by practicing open communication.
- Create a nurturing environment for loved ones.

2. In the Workplace

Traits such as integrity, resilience, and self-discipline enhance professional performance.

- Maintain ethical standards and foster trust with colleagues.
- Adapt to change and overcome challenges with resilience.
- Manage time and tasks efficiently through self-discipline.

3. In Personal Well-being

Internal traits contribute to mental health and overall happiness.

- Developing optimism can reduce stress and promote positivity.
- Resilience helps in coping with life's ups and downs.
- Practicing gratitude and self-awareness enhances self-esteem.

Challenges in Cultivating Internal Traits

While developing internal traits is beneficial, it often involves overcoming certain challenges.

1. Deep-rooted Habits

Old habits can hinder the growth of new internal traits, requiring persistence and patience.

2. External Influences

Surroundings and social environment can impact internal development positively or negatively.

3. Self-awareness Limitations

Lack of honest self-assessment can impede progress; cultivating humility and openness is essential.

4. Consistency

Building internal traits demands sustained effort over time, which can be difficult amidst life's distractions.

Conclusion

Internal traits form the foundation of a person's character and influence every aspect of life. Cultivating qualities like empathy, resilience, integrity, and self-discipline leads to personal growth, healthier relationships, and professional success. While developing these traits requires deliberate effort, self-awareness, and persistence, the rewards are profound and lasting. Embracing a continuous journey of self-improvement not only enriches your life but also positively impacts those around you, creating a more compassionate and resilient society. By understanding and nurturing your internal traits, you unlock your true potential and pave the way for a fulfilling and meaningful life.

Frequently Asked Questions

What are internal traits and how do they influence personality?

Internal traits are inherent characteristics within an individual, such as honesty, resilience, or optimism, that shape their behavior, decision-making, and overall personality over time.

How can understanding internal traits help in personal development?

By recognizing and analyzing internal traits, individuals can identify strengths and areas for growth, enabling targeted efforts to improve self-awareness, emotional regulation, and overall well-being.

Are internal traits stable or can they change over time?

While some internal traits are relatively stable, many can evolve through life experiences, self-reflection, and intentional effort, allowing for personal growth and adaptation.

What role do internal traits play in leadership effectiveness?

Internal traits such as integrity, empathy, and resilience are crucial for effective leadership, as they influence how leaders motivate, communicate, and handle challenges within their teams.

Can internal traits be accurately measured or assessed?

Yes, internal traits can be assessed through psychological tests, self-report questionnaires, and behavioral observations, which help in understanding an individual's personality profile better.

How do internal traits differ from external traits?

Internal traits are inherent qualities related to personality and mindset, while external traits refer to observable behaviors or physical characteristics; the former influence how a person internalizes experiences, whereas the latter are outward expressions.

Additional Resources

Internal Traits: Unlocking the Foundations of Personality and Behavior

In the vast landscape of human psychology, the concept of internal traits serves as a cornerstone for understanding individual differences. These intrinsic qualities shape how people perceive, react, and interact with the world around them. Unlike external traits, which are observable behaviors or physical characteristics, internal traits dwell within the mind and personality, forming the core of our identities. Recognizing and analyzing these traits provides valuable insights into human motivation, decision-making, emotional responses, and overall life outcomes. This article delves

into the multifaceted nature of internal traits, exploring their definitions, classifications, development, measurement, and significance in various fields such as psychology, education, and personal growth.

Defining Internal Traits

Internal traits refer to enduring psychological characteristics that influence an individual's thought patterns, feelings, motivations, and behavioral tendencies. These traits are typically consistent over time and across different situations, although they may manifest differently depending on context.

At their core, internal traits are contrasted with external traits—observable behaviors or physical features. While external traits are visible and measurable, internal traits require introspection or psychological assessment to uncover the underlying qualities driving observable behaviors.

Key aspects of internal traits include:

- **Stability:** They tend to be relatively stable over time, shaping an individual's consistent patterns of thinking and behaving.
- **Origin:** Internal traits are believed to originate from a combination of genetics, early life experiences, and environmental influences.
- **Influence:** They significantly influence how individuals interpret situations, make choices, and respond emotionally.

Understanding internal traits is crucial because they form the foundation upon which external behaviors are built. For example, a person with high internal trait levels of extraversion is likely to seek social interactions consistently, even if their external behaviors might vary depending on context.

Classification of Internal Traits

Psychologists have developed numerous models to classify internal traits, aiming to systematically understand their structure and impact. Two of the most influential frameworks are the Big Five Personality Traits and Cloninger's Temperament and Character Model.

The Big Five Personality Traits

The Big Five model, also known as the Five Factor Model, posits that five broad dimensions encompass most of the variability in human personality. These are:

1. Openness to Experience: Curiosity, creativity, and a preference for novelty.
2. Conscientiousness: Organization, dependability, and goal-oriented behavior.
3. Extraversion: Sociability, assertiveness, and positive emotionality.
4. Agreeableness: Compassion, cooperativeness, and trust.
5. Neuroticism: Emotional instability, anxiety, and moodiness.

Each trait exists on a continuum, and individuals vary in their levels across these dimensions. These internal traits influence behavior, emotional regulation, and interpersonal relationships.

Cloninger's Temperament and Character Model

Cloninger's model distinguishes between two types of internal traits:

- Temperament Traits: Innate biological predispositions affecting emotional responses (e.g., novelty seeking, harm avoidance).
- Character Traits: Develop over time through personal experiences and influence self-concept and goals (e.g., self-directedness, cooperativeness).

This model emphasizes the dynamic interplay between inherited traits and environmental shaping, highlighting the complexity of internal psychological makeup.

Other Models and Frameworks

Additional approaches include:

- The Myers-Briggs Type Indicator (MBTI): Focuses on psychological preferences influencing perception and judgment.
- Eysenck's Three Factor Model: Emphasizes extraversion, neuroticism, and psychoticism.
- HEXACO Model: Adds honesty-humility as a sixth dimension.

While these frameworks differ in emphasis, they all aim to dissect the internal traits that underpin human personality.

Development and Influences on Internal Traits

Internal traits are not static; they develop through a complex interaction of genetic, environmental, and experiential factors.

Genetic and Biological Foundations

Research indicates a significant heritable component to many internal traits. Twin studies, for example, suggest that genetics account for approximately 40-60% of variability in traits like extraversion and neuroticism. Biological factors such as brain structure, neurotransmitter levels, and hormonal balances influence temperament traits, setting the groundwork for personality development.

Environmental and Cultural Factors

Environmental influences shape internal traits throughout childhood and adolescence. Parenting styles, peer interactions, education, and cultural norms contribute to the consolidation or modification of innate tendencies. For example, a nurturing environment may foster higher self-esteem and openness, while adverse experiences could heighten neuroticism or mistrust.

Personal Experiences and Life Events

Major life events—such as trauma, success, or loss—can modify internal traits or influence their expression. For instance, a resilient individual might develop higher emotional stability over time, while ongoing stress could exacerbate neurotic tendencies.

Plasticity of Internal Traits

While internal traits are relatively stable, they are not immutable. Psychological interventions, life circumstances, and deliberate personal development can lead to meaningful changes in internal traits, especially those related to character development.

Measuring Internal Traits

Quantifying internal traits is a complex but essential task for psychologists, researchers, and practitioners. Reliable measurement tools enable the assessment of personality profiles, inform treatment plans, and facilitate personal growth.

Psychological Assessments and Inventories

Common instruments include:

- NEO Personality Inventory (NEO-PI-R): Measures the Big Five traits with high reliability.
- Temperament and Character Inventory (TCI): Assesses Cloninger's model traits.
- Myers-Briggs Type Indicator (MBTI): Classifies preferences rather than traits, but often used in organizational settings.
- Eysenck Personality Questionnaire (EPQ): Focuses on extraversion, neuroticism, and psychoticism.

These tools typically involve self-report questionnaires, where individuals rate the extent to which statements describe them. The results generate a profile of internal traits, highlighting strengths and areas for development.

Limitations of Measurement

Despite advances, measuring internal traits faces challenges:

- Subjectivity: Self-report bias, social desirability, and lack of self-awareness can distort results.
- Cultural Biases: Norms and values influence how individuals interpret and respond to assessments.
- Situational Variability: Traits may fluctuate depending on context, complicating assessment.

Advances in psychometric techniques and incorporating multiple sources (e.g., peer reports, behavioral data) help mitigate these limitations.

Significance of Internal Traits in Various Domains

Understanding internal traits has profound implications across multiple fields:

Psychology and Mental Health

- Personalized Therapy: Recognizing individual trait profiles guides tailored interventions.
- Predicting Behavior: Traits like impulsivity or conscientiousness inform risk assessments and behavioral predictions.
- Understanding Disorders: Certain trait patterns are linked to mental health conditions; for example, high neuroticism correlates with anxiety and depression.

Education and Personal Development

- Student Success: Traits such as grit, motivation, and openness influence learning outcomes.
- Career Counseling: Traits inform career choices and professional development strategies.
- Self-awareness: Recognizing internal traits fosters emotional intelligence and resilience.

Organizational and Leadership Contexts

- Personnel Selection: Trait assessments aid in hiring and team composition.
- Leadership Development: Internal traits like extraversion and emotional stability are linked to leadership effectiveness.
- Workplace Well-being: Aligning roles with individual trait profiles enhances job satisfaction and productivity.

Cultural and Societal Implications

Internal traits also influence cultural norms and societal structures, shaping collective behaviors and values. Recognizing diversity in internal traits fosters greater empathy and social cohesion.

Critical Perspectives and Future Directions

While the study of internal traits has advanced significantly, ongoing debates and research continue to refine our understanding.

Critiques include:

- Overemphasis on Stability: Some argue that traits are more malleable than traditionally believed, especially in response to life circumstances.
- Cultural Variability: Models developed primarily in Western contexts may not fully capture traits in diverse cultures.
- Reductionism: Reducing complex human personalities to a set of traits risks oversimplification.

Future research avenues:

- Integrating Biological and Environmental Data: Using neuroimaging, genetics, and longitudinal studies to deepen insights.
- Dynamic Trait Models: Exploring how traits evolve over time and in response to interventions.
- Cross-Cultural Studies: Developing culturally sensitive assessment tools and theories.
- Application in Technology: Leveraging artificial intelligence and machine learning to analyze behavioral data and predict trait changes.

Conclusion

Internal traits constitute the fundamental building blocks of human personality and behavior. Their stability, development, and expression influence virtually every aspect of life—from personal well-being and relationships to societal participation and professional achievement. As research continues to unravel the intricate web of genetics, environment, and psychology, our capacity to understand, measure, and harness internal traits will grow, offering profound opportunities for personal growth, mental health, and social harmony. Recognizing the depth and complexity of these intrinsic qualities enables us to appreciate the diversity of human nature and fosters a more empathetic, informed approach to navigating the human experience.

Internal Traits

internal traits: The Big Five Trait Theory: Foundations, Applications, and Implications
 KHRITISH SWARGIARY, 2024-04-01 The Big Five Trait Theory stands out for its empirical robustness, practical applications, and cross-cultural relevance. This book aims to provide a comprehensive exploration of the Big Five Trait Theory, delving into its foundations, empirical evidence, applications, and implications. The journey of writing this book has been both intellectually stimulating and profoundly enlightening. It began with a deep curiosity about the underpinnings of human behavior and an appreciation for the diverse approaches to studying personality. As the research unfolded, the Big Five Trait Theory emerged as a particularly compelling framework, offering insights not only into individual differences but also into the broader patterns that characterize human personality across various contexts and cultures. This book is

structured to cater to a wide audience, including students, researchers, educators, clinicians, and anyone interested in the science of personality. Part I lays the theoretical groundwork, tracing the historical development of the Big Five and detailing each of the five major traits. Part II presents the wealth of empirical research supporting the theory, highlighting studies from diverse cultural and methodological backgrounds. Part III focuses on the practical applications of the Big Five in areas such as workplace dynamics, education, and interpersonal relationships. Part IV expands on the broader implications of the theory for health, well-being, and societal functioning. Finally, Part V addresses advances, criticisms, and future directions in personality research. The writing of this book has benefited greatly from the contributions of many individuals. I am deeply grateful to my colleagues and mentors for their invaluable insights and feedback, which have significantly enriched the content and scope of this work. Special thanks go to Miss Kavita Roy and the faculty of the Etech Research Association (US) for their guidance and support. I also wish to acknowledge the inspiration drawn from the pioneering work of researchers in the field of personality psychology, whose dedication and scholarship have laid the foundation for this book. In creating this comprehensive resource on the Big Five Trait Theory, my hope is to provide readers with a thorough understanding of this influential model, inspiring further inquiry and application in both academic and practical realms. Personality traits profoundly influence our lives, shaping our actions, relationships, and overall well-being. By understanding these traits, we can better appreciate the complexities of human behavior and foster environments that promote personal growth and harmony. I invite you to explore the following chapters with an open mind and a critical eye, as we embark on this journey through the fascinating landscape of personality psychology. May this book serve as a valuable resource and a catalyst for continued exploration and discovery in the field of personality research.

internal traits: *The Big Five Trait Theory* KHRITISH SWARGIARY, 2024-07-01 Personality psychology has long captivated researchers, clinicians, and laypeople alike, seeking to understand the myriad ways in which individual differences shape our experiences and interactions with the world. Among the numerous theories that have emerged to explain human personality, the Big Five Trait Theory stands out for its empirical robustness, practical applications, and cross-cultural relevance. This book aims to provide a comprehensive exploration of the Big Five Trait Theory, delving into its foundations, empirical evidence, applications, and implications. The journey of writing this book has been both intellectually stimulating and profoundly enlightening. It began with a deep curiosity about the underpinnings of human behavior and an appreciation for the diverse approaches to studying personality. As the research unfolded, the Big Five Trait Theory emerged as a particularly compelling framework, offering insights not only into individual differences but also into the broader patterns that characterize human personality across various contexts and cultures.

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Control Theory (PCT) thinking to psychological literature and discusses it against that background.

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Columbia Naturalism of John Dewey, John Herman Randall, Jr., and Justus Buchler. The chapters deal with systematic ontology, epistemology, constructivism and objectivity, philosophical theology, art, democratic theory, foreign policy, education, humanism, and cosmopolitanism.

internal traits: Passive-Aggression Martin Kantor MD, 2017-10-03 Passive Aggressive Personality Disorder (PAPD) is now recognized as a distinct personality disorder. Those who suffer from PAPD are sorely in need not only of diagnostic recognition, but also of specific therapeutic intervention. This new book from Martin Kantor speaks to therapists; guides those who interact with passive-aggressive individuals to advance their own effective coping methods based on science, understanding, and compassion; and directly addresses passive-aggressive individuals themselves. Contrary to what is implied in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), and what some practitioners have believed in recent years, new thinking points to passive-aggression being a full disorder. A counterrevolution is now occurring, with some of the most centrist of authors participating in a concerted drive to bring back the diagnosis as being one of the fundamental personality disorders—indeed, a disorder that describes individuals with a distinctly troublesome personality. In this new book, Martin Kantor—a Harvard-trained psychiatrist and noted author of numerous medical texts—takes a new look at passive-aggression and passive-aggressive personality disorder (PAPD) that precisely and scientifically defines it in terms of description, causality, and therapeutic intervention, all based on recent theoretical findings. Kantor makes a powerful argument that passive-aggression can only be reliably identified by answering three fundamental questions, the answers to which define the disorder: why these patients get so angry; why these patients cannot express their anger directly; and what anger styles they employ to express their aggressions. His examination of passive-aggression, which involves two people enmeshed with each other, logically takes two distinct points of view: that of the passive-aggressive individual, and that of his or her victim or target. Specific clinical observation is presented to clarify theory. The book explains how passive-aggression can develop into a complex dyadic interaction in which it is difficult to determine who is doing what to whom, who started it, and what path to take to deescalate; and how using mutual understanding and healthy empathy plus compassion can preclude getting involved in sadomasochistic mutual provocation. The author also suggests ways for those who suffer from passive-aggression to be less hypersensitive, and to express what hypersensitivity they can't help feeling more directly, rather than via the various unhealthy anger styles that constitute the passive-aggressive modus operandi.

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internal traits: Perspectives in Interactional Psychology Lawrence Pervin, 2013-11-11 An old woman walks slowly up the hill from the store to her house. The hill is quite steep and the packages she carries, heavy. The two ten-year-olds watching her feel sorry for her and, moving toward her, ask if they might help carry the packages. They easily lift them and with almost no effort bring the shopping bags to the top of the hill. After receiving all A's in his first term in college, F. finds that this term is much harder, especially his physics courses, in which he is failing. He has talked to his professor twice, but finds he cannot understand what she is teaching. Somehow, he thinks, if she could only present the material in a different way, I could understand it better! A month ago, as B. lay playing quietly in his crib, a toy key slipped out of his hand onto the floor. Almost immediately he turned his attention to another toy, close by, which he took up and put into his mouth. Yesterday, very nearly the same thing happened, except this time as soon as the toy key fell, he began to cry loudly, forcing me to stop what I was doing and retrieve it for him. It seemed in the first case that he forgot it, while yesterday, even though it was gone, out of his sight, he still

remembered it and wished it back.

internal traits: Mental health of higher education students Agnes Lai, Wing Fai Yeung, 2023-01-09

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Social Psychology, Twelfth Edition, engages students with the dynamic field of social psychology, encouraging exploration of personal passions—from sports to politics—while providing insights into the scientific principles that underpin daily interactions and behaviors, dispelling misconceptions, and demonstrating social psychology's real-world relevance.

internal traits: The Self in the Family Luciano L'Abate, 1997-01-07 In his acclaimed book *A Theory of Personality Development*, Luciano L'Abate introduced a revolutionary theory of personality development and functioning that departed radically from traditional theories. In place of hypothetical traits existing in an empirical vacuum, Dr. L'Abate offered an image of observable interpersonal competencies functioning within the basic contexts of home, work, leisure, and the marketplace. Central to his theory was a developmental model that posited the family as the primordial setting in which propensities are formed and behavior patterns set. By defining personality in terms of the growth and interplay of interpersonal competencies, the L'Abate theory provided an epistemologically and empirically sound basis for understanding personality function and dysfunction as corollaries and extensions of one another. In *The Self in the Family*, Luciano L'Abate and Margaret Baggett again break new ground by expanding the L'Abate theory of personality development to encompass criminal and psychopathological behavior. Drawing upon mounting empirical evidence that the family paradigm is the major determinant of personality socialization throughout the life span, the authors develop a selfhood model with demonstrable links between the three domains of personality function, criminality, and psychopathology. With the help of the model, they show how it is now possible to arrive at a personality-based interpretation of most deviant behaviors, including criminality, psychopathology, addictions, and even psychosomatic illnesses, and they describe various preventive and psychotherapeutic applications for this expanded theory of family-based personality development. The authors further elaborate on the theories developed in Dr. L'Abate's previous books by introducing the core concepts of hurt—the basic feeling underlying much of personality functioning and dysfunctioning—and a continuum of likeness—the fundamental determinant of interpersonal choices and behavior in friendships, parent-child relations, and marital relations. Offering an empirically rigorous, developmentally based, unified field theory of personality function, criminality, and psychopathology, *The Self in the Family* is essential reading for developmental and clinical psychologists, family therapists, personality theorists, and criminality and psychopathology researchers.

CHILD-CENTERED FAMILY THERAPY Lucille L. Andrezzi This book is the first complete introduction to the Child-Centered Structural Dynamic Therapy Model—a revolutionary, short-term treatment model which helps integrate child and family system development into a comprehensive framework for self-guided, family-initiated change. This guide, with its numerous case illustrations, works to build knowledge from within the family by engaging family members in structured activities that help them translate family system principles into practical, everyday reality. *Child-Centered Family Therapy* is an important resource for couples and family therapists, child psychologists, counselors, and social workers. 1996 (0-471-14858-X) 374 pp.

TREATING THE CHANGING FAMILY Handling Normative and Unusual Events Edited by Michele Harway This inimitable book offers a broad-ranging, carefully integrated review of contemporary trends in family therapy, research, and practice. It reexamines the family and the many challenges to its function and provides practical advice for therapists who treat troubled families. It explores the impact that non-normative events such as violence and abuse, addiction, long-term and chronic illness, divorce, adoption, trauma, and many others can have on family function and provides proven intervention strategies and techniques for treating these families. With the special attention given to the structure, dynamics, and unique problems of families that do not fit the traditional mold, such as binuclear, single-parent, and gay and lesbian families, *Treating the Changing Family* is a valuable resource for all mental health professionals and families.

1995 (0-471-07905-7) 374 pp. Also in the Series: HANDBOOK OF RELATIONAL DIAGNOSIS AND DYSFUNCTIONAL FAMILY PATTERNS Florence W. Kaslow, Editor 1996 (0-471-08078-0) 592 pp.

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