

Noah

Psychology East and West  
Carl Rogers Humanist Psychology

1. What is self actualization?

Self actualization is reaching  
your highest potential being the  
best you can be.

2. How are Roger's 5 characteristics applicable to leading a happy and balanced life? How are these ideas related to the other theories we have studied? How are they different?

These qualities are related  
to buddhism Because Buddhism  
is about being aware and accepting  
things as they come. Being content.  
Trusting in others.

3. What is unconditional positive regard and why is it important in Roger's theory? What are some other areas unconditional positive regard can be employed to help individuals besides in parenting?

you with not being dependent  
on your actions. or people  
~~school, athletes, friends~~  
finding the good in all your  
actions.

This would be a good thing  
for teams and teachers at  
School.

4. What are the ideal self and self-image in this theory? How do they work if that are congruent and incongruent? Please give examples of each.

Self image is what you think of yourself and Ideal self is the person you would like to be. Congruent is when your life adds up to what your Ideal self is or comes close. Incongruent is farther away

5. What role does self worth play in a person's life according to this theory? Please list some examples of actions based on a higher state of self worth as opposed to a lower.

Self worth is very important in terms of self esteem and confidence. If you go into a job interview with low self worth you will not do well because you won't sell yourself. With a high sense of self worth you will be confident in the fact that they should want you.