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Psychology of Personality

28 March 2023

Unit 4: Maslow Essay Questions

4. D-cognition and B-cognition are two different types of thinking processes that exist in psychology. D-cognition, also known as deductive reasoning, is when an individual uses general principles or rules to draw specific conclusions. It typically involves starting with a broad statement or premise and then using logical steps to arrive at a specific conclusion. This type of reasoning is often used in math and science or any logical problem. B-cognition, also known as inductive reasoning, involves drawing general conclusions based on specific observations or experiences. Inductive reasoning is about making predictions about the future based on past experiences or observations from the past. B-cognition is often used in normal everyday decision-making. While D-cognition and B-cognition do different things for the mind, both are important for effective decision-making in different environments.

6. Maslow's theory of therapy was based on the idea that people have a natural instinct to grow and develop throughout their life. Maslow believed that therapy helped individuals to better understand themselves. That therapy helped people to see their own needs and desires. Highlighting their wants motivated people to get up and work towards fulfilling them in a way that allowed for personal growth and self-reflection. Maslow saw therapy as a collaborative

process between the therapist and the client. The therapist is just there to create the space for the client to speak. Lastly, Maslow did not think that therapy should be about discussing one's problems, but rather it should be about helping individuals to achieve a meaningful life. He believed in the big picture there's all the time in the world to be a better person.

7. In terms of self-actualizations I would say I'm at the final stage in the process. The first stage of Maslow's Hierarchy of needs is physiological, and I have food, water, and a place to sleep at night. The second stage is safety needs, and I feel very safe and stable in my life. The third stage is Love and belongingness needs. Luckily I'm blessed to have very strong healthy relationships with my family and friends. The fourth stage is esteem needs, and I feel very confident in my successes and achievements as I continue my academic career. The fifth and final stage is Self-actualization needs, I believe I'm at this stage because I'm currently pursuing my creative unique potential every day.