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PSY 441

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Essay Questions- Rogers

#1

For Rogers, the subjective experience of reality is the basis for all personal judgment and behavior. It is this phenomenological, internal reality, rather than the external, objective reality, that plays a key role in determining human behavior. Intrinsic experience includes everything that happens within the organism at a given moment. It is said that all these experiences, conscious and unconscious, constitute the human phenomenal field. Conscious experience or awareness is an aspect of the phenomenal field that can be symbolized - i.e., verbal or imagined. In contrast, unconscious experience is an experience that one cannot verbally express or imagine.

For Rogers, healthy people are those who are able to accurately and fully symbolize their experiences; unhealthy people distort or suppress their experiences, failing to accurately symbolize them and fully perceive them. Rogers believed that the individual's own experiences should be the ultimate authority in determining their perception and interaction with the world around them.

#4

If people can fully embrace their organic value process, they will inevitably begin to experience personal growth and realize their potential. In Rogers' terminology, they will

develop toward becoming fully functioning human beings. According to Rogers, these individuals possess the following characteristics:

1. They are willing to experience. Fully functioning people are non-defensive individuals who are open to all their emotions - fear, intolerance, pain, tenderness, courage, and awe. They are fully aware of their experiences and accept them, rather than shutting them out.

2. They live existentially. Fully functioning people experience their experiences as they are, without trying to impose preconceived meanings on them. They are open and flexible, processing experience as it is and discovering its meaning for themselves.

3. They trust their organism. Fully functioning people do what feels right. This does not mean that their choices are always correct, but that they make their own choices, experience the consequences, and correct them when they are less than satisfied.

4. They are creative. Creative products and lives emerge when individuals are open to new experiences, can trust their own judgment, and are willing to take risks.

5. They live richer lives than others. Fully functioning people lead good lives, not just in the sense of happiness, contentment, security, and well-being, although they experience these feelings in due course, but in the sense of exciting, challenging, meaningful, and rewarding lives. They embrace adventure, occasional pain, and bravery in the face of challenges, unlike the life of a timid person.

#7

I don't agree with cohabitation before marriage at all. Last week, my friend shared with me that she felt she had to live with her boyfriend before getting married to know if she could marry him. She argued that if you don't live under the same roof with someone and get along with them, you won't know each other's habits and true nature, which will most likely cause friction and disagreement after marriage. My first point is that as Christians, God teaches us not to put ourselves in temptation. I don't think cohabitation is a necessary step before marriage, but rather the values and feelings of both partners are the most important aspects of a relationship.

I think Rogers sees marriage as too profit-oriented, although he says he feels that it is a natural flowing process and not like a contract. However, marriage is a commitment. When two people enter into a marriage contract, it means that they will share responsibilities. If one wants the freedom that Rogers speaks of, one should consider enjoying the freedom of being single.