

1. Organismic valuing process is the innate ability for the person to evaluate experiences in order to determine if it will have an influence on their self improvement. How this is used in an older adult's view would be weighing the short term impact vs the long term and how it influences positive or negative life. An example of this would be peer pressure in smoking with friends. In the short term you would be viewed in a positive light to those people as cool, but long term you would think about how it will affect your lungs.
2. The characteristics of a fully functioning person would have the ability to fully utilize their organismic valuing process. As such they should be able to display the following characteristics: openness to experience, existential living, trust, creativity, and living richer lives than other people. A fully functional person would be able to be open to express their feelings, and mainly live their life to the best of their ability without imposing their ideals onto others around them.
3. Positive regard is in the realm of criteria of the social self and the true self. It is the overall need for the person to receive or seek acceptance and approval from others. It is through this idea, that once the person is able to meet the needs of someone else, they also receive a passive positive experience. Some pitfalls of this would be the constant need to maintain this approval, they may also only act in certain behaviors only to receive this, which is not their true self and can lead to destructive behaviors.