

Nashline Cyrillien  
Professor Maret  
March 28,2023  
PSY 441

1. Explain why Rogers believes that the person's experiences are the ultimate authority.

Roger's concept of ultimate authority in one's experiences informs one's judgment and behavior. In determining one's personality, it grasps more of an inner reality. Inner experiences are influenced by both the conscious and unconscious minds. One experience of one's distortion or completion is represented by the phenomenal field of one's aspect. Roger believes that healthy people are capable of being aware and acting appropriately based on their ability to be aware of their surroundings.

. Define conditions of worth and unconditional positive regard and explain how each one operates in the self-realization process.

The need to seek approval from others and go to any length to avoid disapproval is one of the conditions of worth. This causes you to adopt behaviors that are against your morals in order to be accepted. "Children who had parents who only gave them approval and affection when they followed their expectations had children who were highly controlled in their behavior and suppressed any negative emotions they had about their parents and their expectations of them," for example. Such children had limited perspectives on life and were less open to new learning experiences" (Ryckman, 323). This illustrates how damaging other people's approval can be. Individuals who base their decisions on the approval of others may find themselves unsure of who they are outside of the approval of others. Because they place other people's opinions on a pedestal, they may be unable to gain new experiences and challenges because they are not mentally or emotionally prepared to do what they enjoy.

Unconditional positive regard entails genuine concern and unbiased judgments of others and ourselves. When one's physical needs are met without the need for approval from others, it allows them to be their true self within their experience and become psychologically healthy. Those who grew up in a welcoming and supportive environment are more likely to make their own decisions without seeking approval from others. This may allow them to act in a certain way and express themselves unapologetically.

6. Discuss the pitfalls of having a strong need for positive regard for others in shaping your personality development.

Developing a need for positive regard for others harms your personality. When other people's approval is valued more than one's ability to make their own decisions, it creates a barrier between oneself and the ability to discover one's true self. The further an individual is from discovering their true self, the more likely they are to behave like others because they are acting on their own needs and satisfaction. "If, for example, we feel that aggression against others is wrong, but significant others place a positive value on it, we may ignore the validity of our true self's feelings and act in terms of their expectations as a means of gaining their approval," Maslow explained (Ryckman, 323). When one's opinion is more important than one's true opinion, it creates a barrier to discovering one's true identity. This leads to conditions of worth because individuals measure their worth based on the approval of others opinion.