

PSY 441

Question 1

According to Maslow's hierarchy of needs self-actualization located at the peak of the pyramid, serves as justification that an individual has realized their complete potential, in that they have attained the full development of their abilities as well as their appreciation of life. Humanism focuses on what is deemed as the values and dignity of people, this includes the belief that people have the potential to resolve issues through reasoning and innate abilities. With regard to self-actualization, the humanistic biological which is a growth-oriented theory that places the emphasis on the individual as a whole. It serves as a holistic approach that focuses on concepts that encourage people to realize and fulfill their potential and maximize their personal well-being. Self-actualization cannot be met unless their physiological, safety, love and belonging, and esteem needs are satisfied. Self-actualization is defined as the exception (or even unattainable), of the other needs listed on Maslow's hierarchy since most people are occupied working to meet those needs which are more immediate.

Question 5

People that attain self-actualization are defined by a number of characteristics that push them to their fullest state of being. Self-actualizers experience moments known as peak experiences in which they emerge with a feeling of change. They also display a spirit of optimism and maintain a feeling of constant gratitude for their life accomplishments. Another characteristic of self-actualizers is they demonstrate acceptance of themselves as well as others regardless of their current state of being. They lack fear and are not hesitant to sort out the events of life as they unfold, regardless of their unlike nature. They also are quick to exercise problem-solving skills when needed for both them and for the benefit of others, this characteristic relies on their fundamental sense of personal ethics and responsibility. Their sense of independence refuses to let them adhere to the ideas of others, but instead, they rely on their personal perspective to enjoy and appreciate their personal benefits which are a result of their peak experiences.

Question 2

Maslow uses a pyramid to demonstrate a strategic path in which we as humans must tread in order to realize our true potential. His theory assembles our needs into five main categories:

1. The first/ fundamental needs are known as Physiological, it consists of the essentials, without which we will die. Food, water, sleep, and warmth, once this need is satisfied, the inner drive becomes secondary.
2. We then move to the second level, which Maslow refers to as our need for safety, which has now become our primary need. Maslow's theory suggested that at this level we are motivated to ensure that we can acquire the necessary resources needed to ensure we are safe and secure. This level focuses on establishing and maintaining a good quality of life.
3. Our social needs emerge and is now seen as our primary need after our safety needs have been met. These needs are driven by our emotional desires; thus, we feel the need to love and be loved. To satisfy this need we feel driven by our emotions to create friendships and relationships, which provides us with the feeling of acceptance.
4. Level four needs to focus on addressing the importance of being an asset. knowing who you are in life, your self-worth, as well as value the worth of others. To ensure that you make a positive impact in your society and the world.
5. The highest level of needs in Maslow's hierarchy of needs is self-actualization. Even though it varies from person to person, what is common at this level is the ability to realize and accomplish your true inner potential.

Question 4.

The process of becoming a fully functioning person is continuous throughout a person's life as your purpose in your heart is to continue striving towards your individualized self-actualization.

The characteristics of a fully functioning person possess' qualities that keep them in tune with their personal emotions, but they do not allow these emotions to result in them becoming consumed. They also display a constant desire to experience growth as an individual. A fully functioning person possesses the ability to trust their personal experiences. They are able to construct values that are birth from those experiences. Another characteristic owned by a fully functioning individual is the freedom they experience living in an existential encounter of this moment in life. Fully functioning individuals have an open-minded approach to new things, and they exercise great curiosity to determine their true worth. There is an inner drive that pushes them to pursue new experiences, adventures, and creative endeavors.

8. What are the characteristics of a fully functioning person? To what extent do you consider yourself fully functioning?

The characteristics of a fully functioning person are as follows.

They are open to experiences.

They are characterized by existential living.

They trust their organisms.

They are creative.

They live richer lives than other people.

With reference to my self-evaluation of being a fully functioning individual, generally speaking, I have not yet attained self-actualization in a number of areas in my life. Although I have the tendency to embrace new experiences, often times the ones that I am open to are the ones that I feel are beneficial to myself. One of my weaknesses is not putting an effort to cultivate mindfulness in which I will be able to enjoy meaningful moments in the now. Therefore, as a result, I am unable to acknowledge that I am yet to live life to its fullest.

Question 3

Self-worth is based on our view of ourselves and the development of our thoughts of ourselves begins in the early stages of childhood, but the formation is based on the child's interaction with their parents. Rogers believed that the basic needs of a child are positive regard from others and their self-worth. An individual who has both of these needs satisfied is equipped to face the challenges that they face in life and quite often is able to embrace failures and sadness. A parent or loved one demonstrates acceptance and loves a person unconditionally, these actions define unconditional positive regard. The benefit of the recipient of unconditional positive regard is that it provides a safe non-judgmental environment to experience new ideas regardless of if one makes a mistake in the process. According to Rogers we as humans are born with the need to be seen positively by others, feel valued, be respected by others and be treated with love and affection.

