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PSY:441

Maslow's Essays

#6. Maslow's theory of therapy is very straightforward, he stated that the relationship between therapist and client is very much like a relationship between friends. People who are neurotics have been prevented, and who have prevented themselves from attaining pleasure of their basic needs and did not reach their goal to develop their abilities to fulfill their own true nature, and have a feeling of insecurity and low self-esteem. Pleasure to fulfill these basic needs can only occur only through contact with other people, therefore, therapy must be person to person in nature. Therapy sessions must involve trust, honesty and not defensiveness, the therapist should supply to the client what is needed in terms of love, respect, and feelings of belongingness, these needs will help the client to grow. In order for the therapy to have a good result the client must express love and affection towards the therapist and also to others. The client should be encouraged to present those values and join in companionship with confident growth to open up to the world. This will be helpful to the client to learn and be more aware about its complex and natural environment.

#7. In terms of the self-actualization process, I would describe myself as moving towards the realization of becoming a better person of my present self. I must admit that sometimes I experience, according to Maslow's theory; a "Jonah complex." I know within myself that I have the capabilities to reach my full potential. Right now I am in the process of getting out of my

comfort zone and dismissing myself from fear. I have committed and retained to my memory, and affirm to myself quite often, that I can do all things through Christ who gives me strength; taken from the book of the Bible in Philippians 4: 13. Getting older has also given me the reassurance to be confident and trust God to give me the courage to step out, and have faith that I don't have to be fearful to release my best side and let my finest impulses come forth. At this present time in my life, I am moving forward in a positive manner and making progress with my self-actualization goal, and I will continue to remain focus, with faith and God's grace.

#8 The strength of self-actualizing people according to Maslow's theory is that they have a more efficient perception of reality. They are also more capable of perceiving the truth in many different situations and are not judgmental, they don't stereotype or show prejudice. Self-Actualizers people have a greater acceptance of themselves, others and nature. In terms of their shortcomings, they are not anxious or feel guilty about them. Because of their overall positive outlook and attitudes they tend to enjoy themselves naturally and accept getting older as part of reality. On the other hand the weaknesses of self-actualization people are so much on the negative side. They can be stubborn and irritating and have temper outburst over the simplest thing, and their patience is weak towards others and rejection of others comes easily. When it comes to their own production, family, friends and children, superficial vanity or pride are evident with their character towards them. In some instances they are capable of hurting and exercise primitive behavior just like other human beings.