

Humanistic Psychology: Personality

According to the Humanists:

How do the Humanists explain personality?

How do people become self-actualized?

How do people develop a positive self-concept?

How do people develop a negative self-concept?

Carl Rogers= Theory of Self

Character Strengths

Self-Awareness

Phenomenology

Growth Orientation

Actualizing Tendency

Developmental Connection

Socialization Process Influence of other people

Accurate Perception of reality

Self-Concept

Conditions of Worth

Congruence

Positive Regard

Incongruence

Conditioning

Cognitions

Person Centered Therapy

Maslow

Personality is about personal growth and fulfillment

Self-Actualization

Growth Orientation

Peak Experiences

Deficit Orientation

Humanistic Psychology and Personality

Focuses on mental abilities- that make us individuals = personality, self-awareness, creativity, planning, decision making, and responsibility.

“see human behavior mainly as motivated mainly by a drive toward growth or their unique potential”

Foundational Ideas of Humanists:

Humanists say, we start out wanting (**Drive toward growth**) **maximum personal development** + functioning, we strive for goodness, acceptance, wisdom, courage, humanity, happiness, thriving... these are motives... we begin with this natural tendency (see Theory of Motivation)

The **situation** is important □ How people act in situations is impacted by how people view the world

Phenomenology- (cognitions/our perceptions) our unique way of perceiving and interpreting the world

Fundamentally it is cognitive behavior/personality factors

Humanists are explaining the process of cognition in shaping personality □ impacted by our concept of self □ which is impacted by other people

Perception shapes personality/behavior

For Humanists understanding personality is about understanding a person's thoughts/perception of the world.

Theory of Motivation:

Behavior is motivated by **growth potential** (we behave for acceptance love, friendship) - basically, our behavior is motivated by a hierarchy of needs

Maslow's Hierarchy basic needs first then higher needs ending in Self Actualization

Humanist are fundamentally **Cognitive in Nature** as it explains how we are unique = **personality** = perceptions/interpretations of the world.

To understand behavior/**personality** we need to understand --a person's **perception**/thoughts/meaning

Each person is unique in how they see themselves and the world = **personality**

Rogers Theory of Self

Carl Rogers

Actualizing tendency we all have (this motivates behavior naturally) This will be primary factor to

Personality is a manifestation of our -□ actualizing tendency or how we pursue our growth tendency

1. Innate inclination toward growth and fulfillment (basic to Humanism)
2. Motivates behavior
3. Is expressed uniquely by each (personality)

Perception (cognition) of Self is key to the expression and interpretation (cognition) of our own growth.

“The Self”

Accurate **perception** of the self □ leads to **Self-Actualization** = (knowing and being the best you can be)

Distorted Self-perception do not help actualization

Other people shape our personality □ other people help shape our thinking/self-concept

Each person needs approval of others to develop **Positive Self Regard**

Positive Self Regard

1. Is created by evaluations of others
2. Impacts our self-evaluation

3. When child agrees with other people's evaluation

The child has positive self-regard and positive self-experience = Self Concept = how people perceive themselves.

Personality is shaped by 2 things

Both together are called **Socialization Process**

1. **Actualizing Tendency (cognitive)**

2. **Evaluations** made by others. (Social)

Congruence

When we match 1. Our actualizing tendency with 2. Other people's evaluation of us = Congruence

Incongruence = anxiety or Maladaptive behavior comes when there's a conflict between

1. Other people's evaluation

2. Our self-evaluation

Both damage the person's **Conditions of Worth** = a person's feelings about themselves

We are shaped by **acceptance** of others it guides our behavior and impacts our personality

Criticism of the person not the behavior affects Conditions of Worth

If we have **incongruence** we do not express our true self-actualizing tendency-□ then our tendency is not expressed, we are limited in our self-concept because we want others' approval- creates anxiety + discomfort

Ideal Self (imposed by others) vs **Real Self** (our natural tendency)

Problem of **Distorted Self Perception** are created by other people... you are bad or your behavior is bad

Maslow's Growth Theory

Hierarchy

Personality is the "expression of **tendency toward growth** and **Self-Actualization**"

Self-Actualization is highest need

We don't achieve self-actualization because of our focus on lower levels □ because we focus on

material things... -□ which is caused by **Deficiency Orientation** – idea that we don't have what we need-

He recommends **Growth Orientation**, a perception or thought□ we should "draw satisfaction from what we have/who we are/and we can do□. He calls it **Peak Experiences**

Evaluating the Humanistic Approach

Common view of the personality

1. Emphasis on uniqueness of each individual

2. Experience plays a big role

Phenomenological approach are used in therapy called **Client Centered Therapy** (Carl Rogers)

Focused on personal growth and accurate perceptions of self and how they relate to others.

Positive psychology

