Humanist Personality Perspective

Learning Targets:
Differentiate between personality theories.
Identify Carl Rogers & Abraham Maslow!
Carl Rogers & Abraham Maslow

Humanist Perspective psychologists
-sick of Freud’s negativity
-more to people than just behaviorists (They were too strict)
-Live your best life perspective
Humanistic Theory

Emphasizes idea that individuals control their own behavior

- Views human nature in a positive way
- believes we are innately good
- very popular perspective at its time because it was person centered
Maslow’s Hierarchy of Needs

- Physiological Needs: Air, Water, Food, Homeostasis, Sex, Sleep
- Safety & Security
- Love & Belonging
- Self-Esteem
- Self-Actualization: Vitality, Creativity, Self-Sufficiency, Authenticity, Playfulness, Meaningfulness
Self-Actualizing Person

Maslow believed that we try to reach the state of **self-actualization** (fulfilling our unique potential)

★ We all have this desire but our environment challenges us in reaching full potential
Self-Actualizing Characteristics

★ accept the self unconditionally
★ spontaneous and natural
★ democratic nature
★ like privacy
★ focus on problems outside self
★ strong ethical & moral sense
★ close, yet limited number of friends
★ very realistic
Carl Rogers

Believed in personal growth & people are naturally good

Central feature of person = self-concept

(our perception of our abilities, behaviors & characteristics if self-concept positive, we tend to act in positive ways)

answering the question “Who am I?”
Carl Rogers= Growth & Fulfillment

For an individual to grow, Rogers said must have:

1. Genuineness
   - Be open with feelings & drop facades

2. Acceptance
   - Get rid of conditions of worth
   - Must have/offer unconditional positive regard

3. Empathy
   - Sharing & mirroring our feelings & reflecting the meanings
Self-Concept
Describe yourself as you would like to be (ideal) & how you think you really are (real)

Self-concept is all our thoughts & feelings we have in response to the question, “Who am I?”

If positive, we tend to act & see the world as positive. If negative, we feel we fall short of our ideal self and are dissatisfied and unhappy.
Evaluating the Humanistic Perspective

- Humanist had pervasive impact on counseling, child rearing, education & management.
- Concepts are vague & lacked scientific evidence... also subjective.
- Individualism can lead to self-indulgence, selfishness & corruption... need to be careful of emphasis
- Focus on self-esteem has created empty compliments
- Also fails to appreciate the reality that people can be evil
- Positive psychology movement grew out of humanistic
On a sheet of paper, answer the question...

Who am I?

Connect at least 2 Humanist ideas to your answer.