

Guided Reading Activity 14-4

For use with textbook pages 391-397

Humanistic and Cognitive Theories

Jackie Robinson
Abraham Lincoln
Albert Einstein

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

| | | |
|----------|--------------|-------------|
| adjusted | environment | predictions |
| approval | observing | productive |
| basic | perception | value |
| demean | potentiality | |

Humanistic Psychology

Humanistic psychologists object to both ^{irrational, destructive instincts} psychoanalytic and ^{only external causes} behaviorist approaches on the grounds that they 1 demean human beings. Humanistic psychology is founded on the belief that all human beings strive for the realization of our 2 potentiality as unique human beings.

Abraham Maslow: Growth and Self-Actualization

Accept themselves for who they are!

Maslow decided to study the most 3 productive people he could find. He found that although these people had great emotional difficulties, they 4 adjusted in ways that allowed them to become highly productive. Maslow believed that to become self-actualized a person must first satisfy his or her 5 basic needs.

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Characteristics of Self-Actualized People

Carl Rogers: Self Theory

All born good, do bad things!

Personal growth halted by environment

The self is your image of who you are and what you 6 value. It is acquired gradually over the years by 7 observing how other people react to you. You want 8 approval or positive regard.

Cognitive Theory

George Kelly based his theory on an analysis of our 9 perception of ourselves and our 10 environment. A primary feature of our personally constructed ideas on how to behave is our 11 predictions about our world.

What do you see yourself as?
Faults?

Carl Roger's Person-Centered Perspective

Requirements (to develop a deeper self-awareness and a more realistic self-concept):

1. Genuineness

- being open with one's feelings

Self

- your image of who you are and what you value
- acquire gradually over years by observing how other people react to you
- *Example* : Who am I?

Person

- your actual demeanor (how you behave)
- *Example* : You act so self-centered. (*Maybe you thought otherwise.*)

2. Acceptance

- being satisfied with yourself and others

Positive Regard

- viewing oneself in a positive light due to positive feedback received from interaction with others
- *Example* : She loves me. She likes what I am and what I do.

Unconditional Positive Regard

- an attitude of grace that values others even knowing their failings
- *Example* : He had an affair, but he is still my father.

Conditions Of Worth

- conditions a person must meet in order to regard their self positively
- *Example* : I'll love you if you behave well.

3. Empathy

- non-judgmentally reflecting our feelings and meanings
- *Example* : I will be open and understanding with you.

End Result :

Fully Functioning

- an individual whose person (demeanor) and self (outlook) coincide
- *Example* : I am what I am.