Humanism and Personality
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• Review
  – Humanists focus on things (characteristics) that make people uniquely human
    • Examples: Subjective emotions, freedom to choose one’s own destiny
Humanism and Personality

• Carl Rodgers
  – Believed human beings are always striving to fulfill their capabilities and innate capacities
  – Basically to become everything their genetic potential allows them to become (similar to Maslow)
    • Called the Self-actualizing tendency
Carl Rodgers

- What influences one’s self-actualizing tendency?
  - Self-Concept
    - The image of oneself that develops from interactions with important, significant people (words and actions of parents, siblings, coworkers, friends, and teachers)
    - Components of self-concept: Real and Ideal Self
Carl Rodgers

• Self-Concept
  – Composed of the real self and ideal self
  – Real Self
    • One’s perception of characteristics, traits, and abilities
  – Ideal Self
    • One’s perception of whom one should or would like to be
      – Can come from parents (what they expect you to be)
Carl Rodgers

- **Self-Concept**
  - When real self = (or is close to) ideal self..... People usually will feel competent and capable
  - When real self doesn’t equal ideal self.... People usually feel anxious and neurotic behavior results
  - What causes the real self and ideal self to not match up..... ?
Carl Rodgers

• Conditional and Unconditional Positive Regard
  – Also influences one’s real self and ideal self (therefore will also influence one’s self-concept)
  – Positive Regard
    • Warmth, affection, love, and respect that come from significant people in one’s life
    • Vital for people to cope with stress and achieve self-actualization
Carl Rodgers

• Conditional and Unconditional Positive Regard
  – Some people receive unconditional positive regard
    • Love, affection, and respect with no strings attached
  – Some people receive conditional positive regard
    • Love affection, respect, and warmth depends on doing what people (parents, spouses, and friends) want
Carl Rodgers

- Conditional and Unconditional Positive Regard
  - People who receive unconditional positive regard develop into a full functioning person
    - A person who is in touch with and trusting of the deepest, innermost urges and feelings
    - Full functioning does not equal self-actualization
      - To become a full functioning person is a step of the self-actualization process
Current Thoughts on the Humanistic View of Personality

- Paint too “rosy” of a picture of one’s personality
  - Promoted self-growth
- Ignore many negative aspects of society
- Difficult to test scientifically