Complete the following:

“In the most simple terms, existentialism is an area of philosophy concerned with the …

Question: What is meant by the following statement?

“Existentialists sometimes speak of being-in-the-world.”

“A traditional positivist view of the world focused on the laws that govern the behavior of objects in the world.”

Example: Positivism.
Alternatives to Positivism

Question: What is the difference between the positivist and nonpositivist approach in science?

Question: Why is the existential philosophical orientation especially important for personality psychology?

Question: What is meant by the following statement?

“The existential examination is not tuned to uncovering logical inconsistencies or rationalizations.”

The Phenomenological View

Question: What is the phenomenological viewpoint in the study of personality?

Example: Phenomenological view of personality.
The Phenomenological View
(Continued)

Question: What is meant by the following statement?

“… existentialism (is) nondeterministic.”

Humanism

Question: What is humanism?

Giving a Role to the Human Spirit

Complete the following:

“Humanistic approaches emphasize the …

“They are usually optimistic, as when they focus on the …

“Sometimes, however, these approaches turn pessimistic, as when they contemplate the …

Relations with Other People Define Our Humanness

Question: What is meant by the following statement?

“… the humanistic approach stresses the ‘being’ in human beings.”
Relations with Other People Define Our Humanness (Continued)

Question: What is the difference between an **I-Thou dialogue** and an **I-It monologue**?

The Human Potential Movement

Question: What is the **human potential movement**?

Examples: The human potential movement.

*Loving as a Central Focus of Life: Erich Fromm*

Loving as an Art

Question: What is meant by the following statement?

“... Erich Fromm maintained that love is an art.”

Question: Why was Erich Fromm concerned about modern society?
Loving as an Art
(Continued)

Question: What is meant by the following statement?

“Fromm and his followers are willing to tackle some of the basic philosophical and religious issues in Western and Eastern thought …”

Question: Why would Fromm be distressed with a society that has replaced communal activities with self-indulgent ones?

Dialectical Humanism: Transcending Conflict

Question: What was Erich Fromm’s notion of dialectical humanism and transcendence?

Complete the following:

“Consistent with the existential assumptions of beings-in-the-world and free will, Erich Fromm traces human behavior to neither inner drives nor societal pressures but rather to a …”

“Fromm noted various character types of personal orientations; he utilized such dimensions as …
Dialectical Humanism: Transcending Conflict  
(Continued)

Complete the following:

“The most mature personality is one that …”  (315)

Evidence Supporting Fromm’s Approach?  
The Age of Anxiety

Question: How do the personalities of people in selfish, individualist, opportunistic societies differ from the personalities of people living in loving, respectful, spiritual communities?

Responsibility: Carl Rogers

Complete the following:

“A key postulate of existential approaches is that each person is …”  (316)

“Rogers believed that people have an inherent tendency toward growth and maturation. But this maturation is not inevitable.”

“Rather, people can gain self-understanding in a …

“People are potentially free to exercise control over their own selves; they are not merely …“

“Responsibility, like love, is a term often heard in humanistic analysis but …
Rogers’s Background

Complete the following:

“It is interesting to note that many humanistic ideas (from Rogers, Fromm, and others) are derived from …”

“In contrast to those psychologists who learned about personality from the perspective of evolutionary biology or neurological impairment or animal behavior or information processing, humanistic psychologists often have had a lifelong concern with …

Growth, Inner Control, and the Experiencing Person

Question: What is the linchpin of Carl Rogers’s perspective?

Question: What is a psychologically healthy person according to Carl Rogers?

Question: What is meant by the following statement?

“The focus of humanistic psychology is on what he called the experiencing person.”
Rogerian Therapy

Question: What is Rogerian therapy?

Complete the following:

“For constructive personality change to occur during psychotherapy, Rogers includes the following two necessary conditions:

“first, the therapist demonstrates …

“and second, the therapist experiences an …

“In other words, a genuine integrated therapist can sense the clients …

Becoming One’s Self

Complete the following:

“From a Rogerian perspective, it is of the utmost importance that we come to terms with our …

“Although we all have ideas of what we should be like, Rogers says that a person should …

“A healthy personality can …
**Becoming One’s Self**  
(Continued)

**Question:** What causes existential anxiety and inner conflict insofar as Carl Rogers was concerned?

**Examples:** Existential anxiety and inner conflict.

Complete the following:

“A fully functioning person leads a …

**Implications of Humanism for World Peace**

“… Rogers and other humanistic psychologists are quite concerned not only with personal peace but with world peace.”

**Example:** Humanism for world peace.
Implications of Humanism for World Peace
(Continued)

“Rogers, a humanistic psychologist, viewed responsibility in a positive, self-liberating, and self-enhancing light. But some of his existential counterparts were not so sanguine and optimistic.”

Example: Existential anxiety and despair. (319)

Anxiety and Dread

Complete the following:

“(A) sense of alienation from modern society was foreseen by the nineteenth-century Danish philosopher Søren Kirkegaard, who emphasized the importance of human …

“… and the nineteenth-century German philosopher Friedrich Nietzsche, who showed the importance of …

Anxiety, Threat, and Powerlessness: Rollo May

Complete the following:

“Existential psychologists are willing to consider anxiety, dread, and even despair as …

“Anxiety has been a particular focus of the existential psychologist Rollo May, who sees anxiety as triggered by a …

“A sense of powerlessness is …
Anxiety, Threat, and Powerlessness: Rollo May
(Continued)

Example: Existential anxiety.

Question: What was the event in Rollo May’s life that possibly intensified a sense of deep inner reflection?

Complete the following:

“Although he focuses on the anxiety that must accompany any attempt to live life to its fullest, May sees the human journey as a …

Personal Choice: Victor Frankl

Question: What was the event in Victor Frankl’s life that possibly caused him to find meaning in suffering and by adopting the responsibility to search for the meaning of existence?

Question: How have existential-humanistic approaches be applied to people facing serious illness?
Is There Free Will?

Note in this section the discussion of a debate between B. F. Skinner and Rollo May that focused around whether people have free will or whether their actions are predetermined.

**Self-Actualization**

Early Ideas about Self-Actualization in Jung’s Work

Question: What is self-actualization? (323)

Question: What was Carl Jung’s perspective on self-actualization?

Question: What is meant by the following statement?

“(Carl) Jung … believed in teleology.” (324)

Peak Experiences: Abraham Maslow

Question: What was Abraham Maslow’s perspective on peak experiences?

Complete the following:

“Interestingly, although many theories of personality are derived from studies of hysterics of neurotics or other unhealthy people, Maslow examined …” (325)
Peak Experiences: Abraham Maslow
(Continued)

Question: What are the characteristics of self-actualized people insofar as Abraham Maslow was concerned? (325-326)

The Internal Push for Self-Actualization

Question: What are organismic theories of personality? (326)

Question: What has been the influence of Charles Darwin on humanistic theories of personality? (326-327)

Maslow’s Hierarchy of Needs

Complete the following:

“Maslow divided organismic needs into two categories. First, he identified several categories of deficiency needs—‘D-needs’ (or ‘D-motives’)—which are necessary for …

“The physiological needs are the …

“The so-called safety needs involve the necessity of a …
Maslow’s Hierarchy of Needs
(Continued)

Complete the following:

“Belonging and love needs involve …” (327)

“All of these D-needs motivate us through deficits—we need something to …”

“Maslow argued that the correct social conditions are needed to encourage self-actualization. That is, he thought people cannot reach the ‘being’ level (‘B-level,’’ with ‘B-values’ or ‘B-motives’) if they are preoccupied with satisfying their more …”

“Maslow arranged all of these needs into a hierarchy …”

Figure 9.2, Maslow's Hierarchy of Needs
Page 308

“… there are … some cases in which people coming from very difficult circumstances and struggling with extraordinary challenges do become self-actualized.”

Example: Extraordinary challenges and self-actualization. (328)
Maslow’s Hierarchy of Needs
(Continued)

Complete the following:

“Maslow and his associates turned the study of personality away from psychopathology and toward the study of the most … (328)

“This emphasis has also had a more general impact in our approach to physical as well as …

“Traditional medicine has focused on curing disease. However, the impact of humanistic psychology has led to ever-greater attention being devoted to issues such as … (329)

Measuring Self-Actualization

Note in this section the discussion of the Personal Orientation Inventory, or POI.

Question: What are meant by the following statements?

“Maslow’s conceptions have had an impact on various aspects of personality, such as assessments of mental health.” (330)

“… Maslow pointed out that science does not exist outside the humans who create it.”
**Happiness and Positive Psychology**

**Question:** What characterizes happy individuals insofar as humanistic psychology is concerned? (331-332)

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**Positive Psychology**

**Question:** What is the movement called positive psychology? (332-334)

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**The American Paradox**

**Question:** What is the phenomenon called the American paradox? (334)
Further Evaluation of Existential-Humanistic Approaches

Question: What are meant by the following statements?

“Existential and humanistic approaches to personality are in some ways reminiscent of psychoanalytic approaches …” (335)

“Existential approaches are necessarily idiographic approaches …”

“Existential philosophers place responsibility for personality squarely on the shoulders of the individual.” (336)

“Humanistic approaches (are) based on existentialism but (reject) its pessimism …”

“The humanistic approach to personality is conducive to the cross-cultural study of personality and the study of ethnic groups …”
Further Evaluation of Existential-Humanistic Approaches
(Continued)

Question: What are meant by the following statements?

“… humanistic approaches to personality have had … (a) continuing impact … in the area of personal retreats.”

“Humanistic personality psychology differs from other approaches … in its ideology.”

“Rogers, Maslow, and other humanistic psychologists were particularly irked by B. f. Skinner’s views of personality.”

Summary and Conclusion

Question: What issues do existential-humanistic approaches to personality tackle head on?

Complete the following:

“Existentialism is an area of philosophy concerned with the meaning of …”

“Existentialists speak of beings-in-the-world; simply put, the self cannot exist without a …”
Summary and Conclusion
(Continued)

Complete the following:

“Aspects of existential approaches are sometimes termed phenomenological, in that people's perceptions or subjective realities are considered to be … (339)

“The existential, approach is also nondeterministic because it argues …

“Humanism is a philosophical movement that emphasizes …

“Life develops as people create …

“The humanistic psychoanalyst Erich Fromm maintained that love is an art—not something that one …

“Love requires …

“Fromm’s concern was that in modern society, we are alienated from …

“We try to cover this inner alienation by …

“If we do not fight loneliness by working in a loving way to help others, then we may escape from the burden of freedom by giving up our …

“For Fromm, the most mature personality is one that transcends the …
Summary and Conclusion
(Continued)

Complete the following:

“The influential humanistic psychologist Carl Rogers … believed that people have an … (339)

“But, … maturation is … (339-340)

“Rather, people can gain self-understanding in a supportive psychosocial environment if they take … (340)

“According to Rogers, a psychologically healthy person is one who has a …

“Of special concern are discrepancies between what a person thinks of himself and the total range of …

“Inabilities to accept aspects of oneself are …

“Rogers says that a person should …

“Some existential perspectives are not so sanguine and optimistic, focusing instead on the …

“In the tradition (of existentialism), Rollo May bridges the gap between …
“Self-actualization is the innate process by which one tends to … (340)

Although few people become completely self-fulfilled, Abraham Maslow thought …

During a peak experience time may seem to …

According to Maslow, self-actualized people have a …

Maslow helped divert the study of personality away from …

And in the best existentialist tradition, Maslow pointed out that science does not …. 

Thus, science is never …

Happiness is not a simple function of being in …

Rather, happy individuals are less bothered when their peers …

They think about and remember positive events in their lives, whereas unhappy people tend to dwell on …
Summary and Conclusion
(Continued)

Complete the following:

“Existential-humanistic approaches … consider … (341)

"This approach to personality is also conducive to the …

“Its proponents vehemently denounce reductionistic psychology that strives to …

“… critics have accused humanistic approaches to personality of being …

"… indeed, the intellectual forefather to humanistic psychology, jean-Jacques Rousseau was also condemned for proclaiming the value of …

END