

Additional Try It Yourself Exercises Chapter 6

Do you see yourself as basically the same as you were five years ago, or different? How do you explain this?

Some native peoples of North America regard change as being a basic part of life, and expect that they will change over time. In some bands or tribes, there is a custom of taking a new name to reflect these changes. The name is not necessarily a commonly accepted first name, but it is typically descriptive. What would your name have been when you were three years old? Little Thumbsucker? Rambunctious Rascal? What would your name have been as an early teenager? What would your name be now? There is no 'right' or 'wrong' to such names, yet they can reflect the ways you saw or see yourself. Like the self, descriptive names can reflect the changes that take place in you, and at the same time, the continuity that gives you your identity.

The Humanistic Approach would encourage you to think about what name you want in the future: you have the ability and drive to grow, and growth can be directed by you, or by the environment you experience. Humanists would urge you to direct your own growth.