TEST YOURSELF QUESTIONS

1. What does Carl Rogers consider to be the conditions for growth in human beings?

*The **conditions for growth** are unconditional positive regard, openness and empathy. Unconditional positive regard means valuing the individual for his/her own worth, without imposing any external conditions of worth. Openness refers to a person freely expressing their own sense of self, rather than playing a role or hiding behind a façade. This allows people to make real contact with each other, free of social constraints, and allows them to gain greater self-awareness. Empathy is the attitude of trying to understand the other person's point of view, which often results from being open to our own experience of the situation, thereby fostering our own growth.*

2. What is self-actualisation?

Self-actualisation is Maslow's term for the most advanced human need, based on the desire to grow and use one's capacities to their fullest; as such, it is process-oriented, not based on an underlying deficiency.

3. What do existential psychologists such as Viktor Frankl believe is the most important part of human experience?

Existential psychologists such as Frankl believe that creating meaning in life is the most important part of human experience.

4. Why is positive psychology included in a chapter on the Humanistic Approach?

Many positive psychologists consider the Humanistic Approach to be a one of the bases

of positive psychology, primarily in its concern with fostering human growth. In keeping with the Humanistic Approach, it is interested in understanding the subjective experiences which people find positive, such as contentment, hope and satisfaction. It also believes that individuals are not simply pawns of their genes and environment, but can make choices which influence both their surroundings and their experiences. Further, positive psychologists, like Humanists, argue that a science of human beings should not be defined simply by methodology, but should seek to understand both what behaviour is and what it could be.