

Abraham Maslow (1908-1970)

Humanistic-Existential Paradigm
Self-actualization Theory



Maslow's Assumptions

- ❖ Human nature is basically good, not evil
- ❖ Normal human development involves the actualization of this inherent goodness



Central Human Motive

Self-Actualization



Maslow's Assumptions...

- ❖ Psychopathology results from the frustration of a human being's essential nature

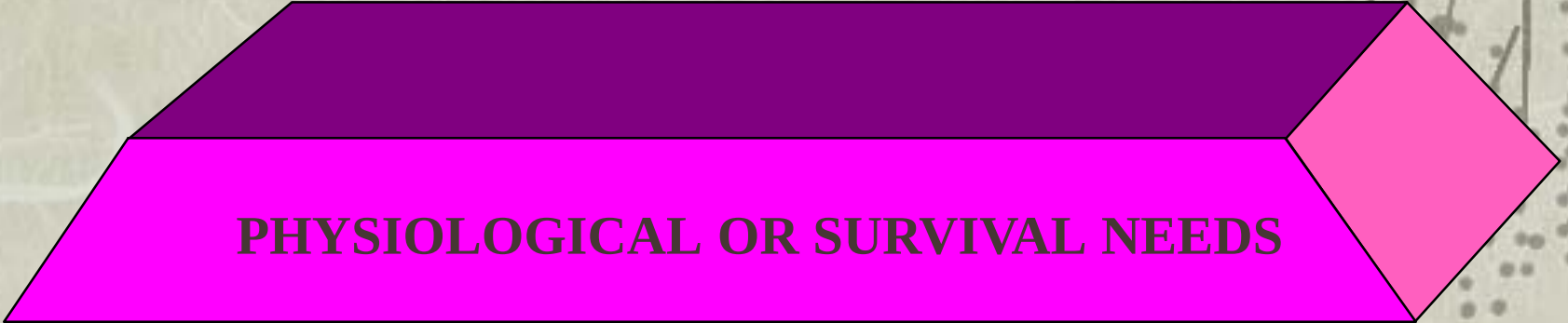


Maslow's Hierarchy of Needs

- ❖ Self-Actualization
- ❖ Esteem
- ❖ Love
- ❖ Safety
- ❖ Physiological

Maslow's Hierarchy of Needs

**MOST NEEDS HAVE TO DO WITH
SURVIVAL PHYSICALLY AND
PSYCHOLOGICALLY**



PHYSIOLOGICAL OR SURVIVAL NEEDS

Maslow's Hierarchy of Needs

**ON THE WHOLE AN INDIVIDUAL
CANNOT SATISFY ANY LEVEL
UNLESS NEEDS BELOW ARE
SATISFIED**



Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs



**MASLOW EMPHASIZES NEED
FOR SELF
ACTUALIZATION IS
A HEALTHY INDIVIDUAL'S
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MOTIVATION**

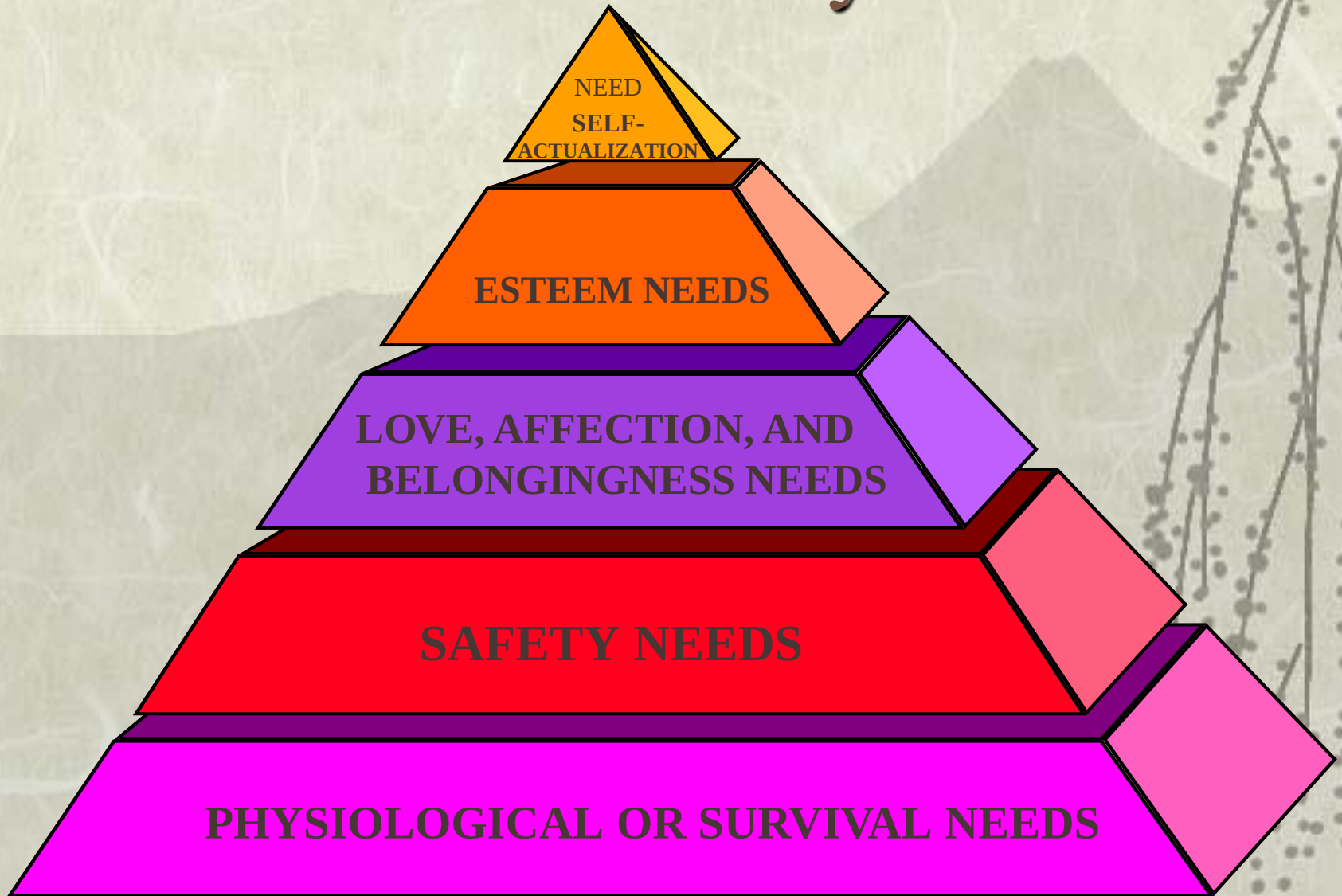
Maslow's Hierarchy of Needs



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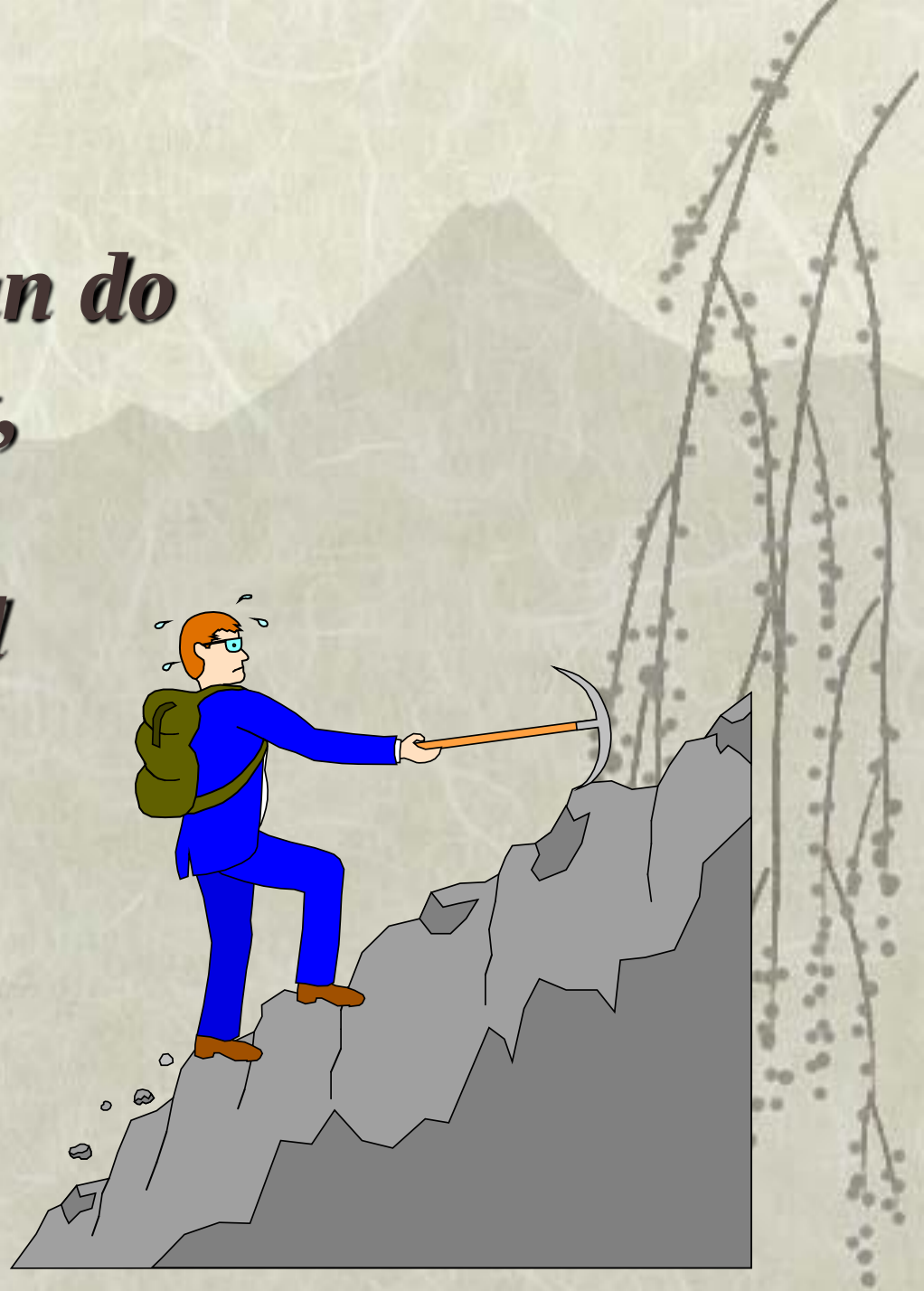
**SELF-ACTUALIZATION MEANS
ACTUALIZING
ONE'S POTENTIAL BECOMING ALL ONE IS
CAPABLE OF BECOMING**

Maslow's Hierarchy of Needs



***Nobody can do
everything,***

***but we can nearly all
do more than we
think we can***



The 17 Metaneeds

- ❖ Truth
- ❖ Goodness
- ❖ Beauty
- ❖ Wholeness
- ❖ Dichotomy-transcendence
- ❖ Aliveness
- ❖ Uniqueness
- ❖ Perfection
- ❖ Necessity



The 17 Metaneeds.....

- ❖ Completion
- ❖ Justice
- ❖ Order
- ❖ Simplicity
- ❖ Richness
- ❖ Effortlessness
- ❖ Playfulness
- ❖ Self-sufficiency



Maslow's Definition of a Self-actualized Person

- ❖ Has no mental illness
- ❖ Satisfied in basic needs
- ❖ Fully exploited talents
- ❖ Motivated by values



Some Characteristics of Self-actualizing persons

- ❖ Superior perception of reality
- ❖ Increased acceptance of self, of others, and of nature
- ❖ Increased spontaneity
- ❖ Increased detachment and desire for privacy
- ❖ Greater freshness of appreciation and richness of emotional reaction



Some Characteristics of Self-actualizing persons.....

- ❖ Increased autonomy and resistance to conformity
- ❖ Higher frequency of peak experiences
- ❖ Increased identification with the human species
- ❖ Improved interpersonal experiences
- ❖ More democratic character structure
- ❖ High levels of creativity



Peak Experiences

Ugliness can be present for so long, you don't notice it any more

- but so can beauty



A Short Scale Measuring Self-actualization

- ❖ I do not feel ashamed of any of my emotions.
- ❖ I feel I must do what others expect me to do. (N)
- ❖ I feel that people are essentially good and can be trusted.
- ❖ I feel free to be angry to those I love.
- ❖ It is always necessary that others approve of what i do. (N)
- ❖ I don't accept my own weaknesses. (N)
- ❖ I can like people without having to approve of them.
- ❖ I fear failure. (N)



A Short Scale Measuring Self-actualization....

- ❖ I avoid attempts to analyze and simplify complex domains. (N)
- ❖ It is better to be yourself than to be popular.
- ❖ I have no mission in life to which I feel especially dedicated. (N)
- ❖ I can express my feelings even when they may result in undesirable consequences.
- ❖ I do not feel responsible to help anybody. (N)
- ❖ I am bothered by feelings of being inadequate. (N)
- ❖ I am loved because I give love.



Eight ways to self-actualize

- ❖ Experience things fully, vividly, selflessly. Throw yourself into the experience; concentrate on it fully; let it totally absorb you.
- ❖ Life is an ongoing process of choosing between safety (out of fear) and risk (for the sake of growth: make the growth choice a dozen times a day.
- ❖ Let the self emerge. Try to shut out external clues as to what you should think, feel, say and let your experience enable you to say what you truly feel.



Eight ways to self-actualize....

- ❖ When in doubt, be honest. If you look into yourself and are honest, you will also take responsibility; taking responsibility is self-actualizing.
- ❖ Listen to your own tastes. Be prepared to be unpopular.
- ❖ Use your intelligence. Work to do well the things you want to do, whether that means finger exercises at a keyboard, memorizing every bone, muscle and hormone in the human body, or learning to finish wood so it looks and feels like silk.



Eight ways to self-actualize....

- ❖ Make peak experiencing more likely: get rid of illusions and false notions; learn what you are good at and what your potentialities are not.
- ❖ Find out who you are, what you like and don't like, what is good and what is bad for you, where you are going, what your mission is. Opening yourself up in this way means identifying defenses - and then finding the courage to give them up.



Rogers' & Maslow's Healthy Personalities

Rogers

- ❖ More fully open to experience. Unafraid of own feelings.
- ❖ More existential living. Nondetermined, independent.
- ❖ Increased trust in own organism. More creative, nonconformist.

Maslow

- ❖ Reality and problem-centered. Accepting of self. Unexpected ruthlessness.
- ❖ Spontaneity and simplicity. Freshness of appreciation. Discrimination between means and ends. Need for privacy.
- ❖ Acceptance of others. resistance to acculturation. Creative. Unhostile sense of humor. More intimate personal relations. Social interest.