

## Self-Actualization

- ⇒ Rogers makes two basic assumptions about human behaviour—  
One is that behaviour is goal-directed and worthwhile.  
The second is that people (who are innately good) will almost always choose adaptive self-actualising behaviour.
- ⇒ Rogers' theory grew out of his experiences of listening to patients in his clinic.
- ⇒ His theory is structured around the concept of self.  
→ The theory assumes that people are constantly engaged in the process of actualising their true self.
- ⇒ Rogers' basic principle is that people have a tendency to maximise self-concept through self-actualisation. In this process, the self grows, expands and becomes more social.
- ⇒ Rogers views personality development as a continuous process. It involves learning to evaluate oneself and mastering the process of self-actualisation.
- ⇒ He proposed that the major motivating force in personality is the drive to actualize the self (Rogers, 1961).
- ⇒ Although this urge toward self-actualisation is innate, it can be helped or hindered by childhood experiences and learning.
- ⇒ He emphasized the importance of the mother-child relationship as it affects the child's growing sense of self.
- ⇒ If she provides unconditional positive regard - infant will tend to become a healthy personality.

## Conditions of worth.

- ⇒ If the mother makes her love for her child conditional on proper behaviour, then the child will internalize the mother's attitude and develop conditions of worth.
- ⇒ In that situations, the child feels worthy only under certain conditions and will try to avoid those behaviours that bring the mother's disapproval. As a result, the child's self is not allowed to develop fully; the child cannot express all aspects of the self because some of them bring rejection.
- ⇒ During this infancy, the mother must demonstrate love and acceptance of the child, regardless of the child's behaviour.
- ⇒ The child who receives such unconditional positive regard will not develop conditions of worth and will not have to repress any portion of the emerging self. Only in this way can a person achieve self-actualization.