

Psychology 12**14-4 Humanistic and Cognitive Theories**

On a separate piece of paper, answer the following questions on a separate piece of paper.

1. Pick someone you know who you think has reached self-actualization or has almost reached self-actualization, and describe what that person is like. Use the chart on page 393 of *Understanding Psychology* and give specific examples of as many traits that Maslow identified for your subject.
2. Write a reflective paragraph about who treats you with unconditional positive regard, whether you treat yourself with unconditional positive regard and whether or not you have conditions of worth, and if you do, what those conditions are.
3. Compare and contrast your schema with that of someone who is very different from yourself. Think about this person's behavior, and from that, try to determine whether their schema (outlook). Do you get along with this person, why or why not?