

A way of being carl r rogers

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Becoming a Person in Carl Rogers' Theory**

Carl Rogers' humanistic theory emphasizes the inherent potential of individuals to grow and achieve self-actualization. Becoming a person in this theory involves a journey of personal development guided by the following key concepts:

Person-centered approach:

- Rogers believed that the individual, rather than external factors, is the primary agent of change.
- Therapists should adopt a non-judgmental and empathic stance, fostering a safe and supportive environment for clients to explore their experiences and aspirations.

Self-actualization tendency:

- Rogers proposed that humans have an innate drive to fulfill their potential and live in harmony with their inner nature.
- This tendency involves striving for self-awareness, authenticity, and personal growth.

Congruence:

- Congruence refers to the alignment between the individual's self-concept (perceived self) and their actual experiences (real self).
- Discrepancies between these two can lead to psychological discomfort and distress.

Unconditional Positive Regard:

- Rogers emphasized the importance of accepting and valuing individuals unconditionally, regardless of their flaws or perceived weaknesses.
- This creates a space where clients feel safe to be vulnerable and explore their true selves.

The Difference Between Rogers and Maslow:

While both Rogers and Maslow were humanistic psychologists, their theories differ in some key aspects:

- Rogers focused on the individual's experiences and subjective reality, while Maslow explored the hierarchy of human needs.
- Rogers emphasized the importance of interpersonal relationships, whereas Maslow prioritized personal growth and self-transcendence.

Carl Rogers' Way of Being:

Rogers' approach to being can be summarized as follows:

- **Empathy:** Understanding the world from another person's perspective while remaining true to one's own experiences.
- **Congruence:** Living in alignment with one's inner self and values.
- **Unconditional Positive Regard:** Valuing and accepting oneself and others without judgment.
- **Growth Mindset:** Believing in one's ability to learn, grow, and change throughout life.

Carl Rogers' Personality:

Rogers was known for his reserved and introspective nature. He was deeply committed to his work and believed in the potential of individuals to improve themselves. He was also a strong advocate for social justice and peace.

Rogers' Famous Quote:

"The curious paradox is that when I accept myself just as I am, then I can change."

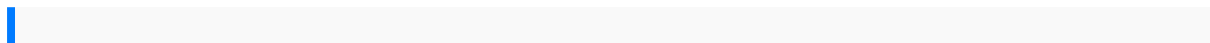
Real Self and Ideal Self:

- The real self is the individual's subjective experience of who they are in the present moment.
- The ideal self is the person one aspires to become, based on their values, goals, and self-concept.
- The discrepancy between the real and ideal selves can motivate individuals to grow and change.

Fully Functioning Person (Carl Rogers):

According to Rogers, a fully functioning person exhibits the following characteristics:

- Openness to experience
- Existential living (focusing on the present moment)
- Trust in their own judgment
- Autonomy and independence
- Close relationships with others
- Creativity and adaptability



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