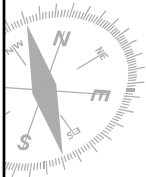


# Self-Actualization



## Overview

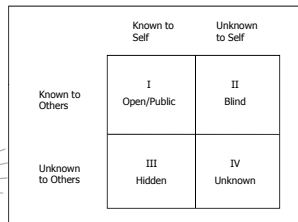
- ▶ Johari Window Theory
- ▶ Maslow's Theory
- ▶ Self-Actualization/Self-Actualized Person
- ▶ Relationships
- ▶ Resources, Tools, and Recommended Reading

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## Johari Window



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## Johari Window

- I. Public/Open Quadrant
- II. Blind Quadrant
- III. Hidden Quadrant
- IV. Unknown Quadrant



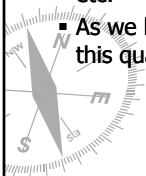
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## I. Public/Open Quadrant

- ▶ What I know about me
- ▶ What others know about me as well
  - Name, feelings, motives, wants, needs, desires, etc.
  - As we know each other and ourselves better this quadrant grows larger



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## II. Blind Quadrant

- ▶ Things others know about me but I am unaware of
  - I need to learn more about myself
  - Ex: Food on my face
- ▶ As confidence, maturity, and self-esteem develop we actively invite others to comment on our blind spots



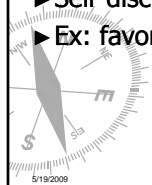
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### III. Hidden Quadrant

- ▶ Things I know about myself that others do not know
- ▶ Secrets
- ▶ Self-disclosure
- ▶ Ex: favorite flavor of ice cream



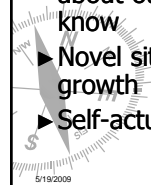
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### IV. Unknown Quadrant

- ▶ Things I do not know about myself and others do not know about me either
- ▶ New situations often reveal information about ourselves that we and others did not know
- ▶ Novel situations trigger new awareness and growth
- ▶ Self-actualization (Maslow).

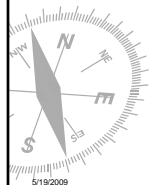
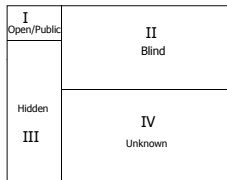


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### Johari Window: Under-Developed, Under-Aware Person



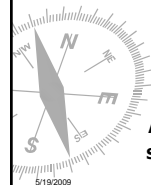
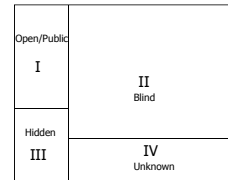
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**Lacks personal awareness and growth.  
Others unable to know person as well.**

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### Johari Window: Under-Developed Person (Co-Dependant)



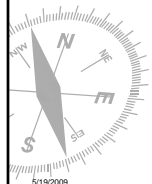
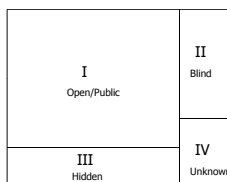
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**Also lacks personal awareness and growth.  
So "other" focused that cannot know "self".**

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### Johari Window: Developed Person/ Self-Actualized Person



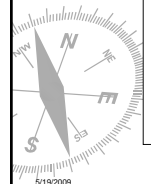
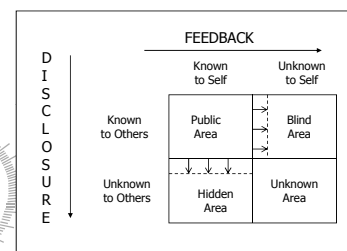
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**Developed or achieved one's full potential.  
Takes intention, time, and hard work.**

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### Johari Window



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## Tools

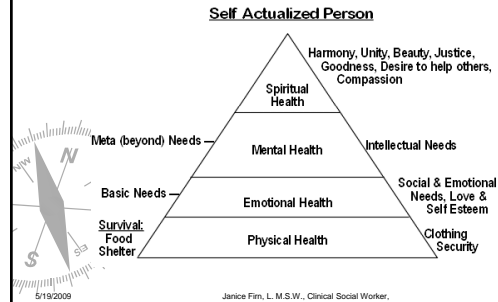
- ▶ Online JoHari window exercise <http://kevan.org/johari>
- ▶ Jung Personality types <http://www.humanmetrics.com/cgi-win/JTypes2.asp>
- ▶ Personality Test <http://similarminds.com/jung.html>
- ▶ Keirseý Types <http://www.keirseý.com/>
- ▶ Myers Briggs <http://www.myersbriggs.org/>

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## Maslow's Hierarchy of Needs



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## Maslow's Hierarchy of Needs

- ▶ Physiological Needs
  - ▶ Safety & Security Needs
  - ▶ Love & Belonging Needs
  - ▶ Esteem Needs
  - ▶ Self-Actualization
- Arrows from the first four items point to a bracket labeled "Deficit" Needs. An arrow from the last item points to a bracket labeled "Being" Needs.

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## Physiological Needs

- ▶ Need for air, food, & water
- ▶ Need for activity, rest, sleep, and to get rid of wastes

## Safety & Security Needs

- ▶ Need for safe circumstances, stability, and protection
- ▶ Need for structure, order, and some limits

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## Love & Belonging Needs

- ▶ Need friends, a sweetheart, children, and affectionate relationships in general
- ▶ Need a sense of community, of belonging

## Esteem Needs

- ▶ Need the respect of others, status, fame, glory, recognition, attention, reputation, appreciation, dignity, and even dominance.
- ▶ Need for self-respect, confidence, competence, mastery, achievement, independence, and freedom.

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## Self-Actualization

"One can choose to go back toward safety or forward toward growth.

Growth must be chosen again and again; fear must be overcome again and again."

- Abraham Maslow

"We make a living by what we get, but we make a life by what we give"

- Winston Churchill

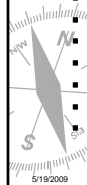
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## Self-Actualization Needs

- ▶ A continuous need to fulfill potentials
- ▶ A need to grow
- ▶ Need for:
  - Truth - Goodness
  - Beauty - Unity
  - Wholeness - Aliveness
  - Uniqueness - Perfection
  - Completion - Justice
  - Order - Simplicity
  - Richness - Effortlessness/Mastery
  - Playfulness - Self-sufficiency
  - Meaningfulness



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## Self-Actualized Characteristics

- ▶ Reality-centered
- ▶ Problem-centered
- ▶ Perception of means & ends
- ▶ Enjoy solitude
- ▶ Deep personal relationships
- ▶ Autonomous
- ▶ Resisted enculturation
- ▶ Sense of humor
- ▶ Acceptance of self & others
- ▶ Spontaneity & simplicity
- ▶ Humility & respect towards others
- ▶ Human kinship
- ▶ Strong ethics
- ▶ Freshness of appreciation
- ▶ Creative
- ▶ Peak experiences



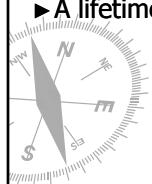
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## Hope!

- ▶ Magnum Opus: artistic creation, creative work, the greatest work of a person's life
- ▶ Builds on what has come before
- ▶ A lifetime of **WORK**



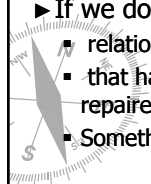
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## Relationships

- ▶ Self, Others, Higher Power
- ▶ Triad needs to be in balance, can't have one without the others
- ▶ If we do our work:
  - relationships with depth, meaning, that last
  - that have room in them for mistakes, can be repaired, and are stronger for the repairing
  - Something to offer, ability to receive



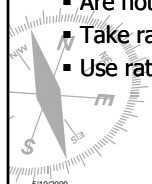
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## Relationships

- ▶ Lack of Self-Actualization
  - Unbalanced
  - Don't allow for good self-care
  - Are not mutually healthy/supportive
  - Take rather than give
  - Use rather than love



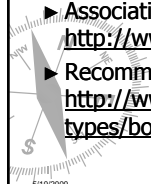
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## Resources

- ▶ Joseph Luft and Harry Ingham, "Of Human Interaction," 1969.
- ▶ Abraham Maslow, "Toward a Psychology of Being," 1968; "Motivation and Personality," 1970; & "The Further Reached of Human Nature," 1971.
- ▶ Association for Humanistic Psychology  
<http://www.ahpweb.org/aboutahp/whatis.html>
- ▶ Recommended reading  
<http://www.mypersonality.info/personality-types/books/>



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