

Kentucky Class Notes

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859.252.NOTE

PSY 313 Bitson
Fall 2009
Final Exam

Friday December 11

- **HIERARCHY OF NEEDS**

- Motive forces decrease with each level up
- Lower needs: deficit motivated
 - Primitive, demanding
- Higher needs: growth motivated
 - Distinctly human
- Actualizing tendencies seen throughout life
 - Curiosity Creativity
- “Stunted” individuals – those not progressing towards actualizing
 - People are either actualizing or stunting
- Jonah Complex
 - When an individual doesn’t realize their inner potential

- **PEAK EXPERIENCE**

- When actualization is occurring
- More frequent among people who are self-actualizing
- Transcend self, felt completely self-fulfilled
 - Clarity of perception
 - Distortion of time
 - Subjective feelings of “awe” and “wonder”
- Can occur at work or leisure
- Not same as “peak performance”