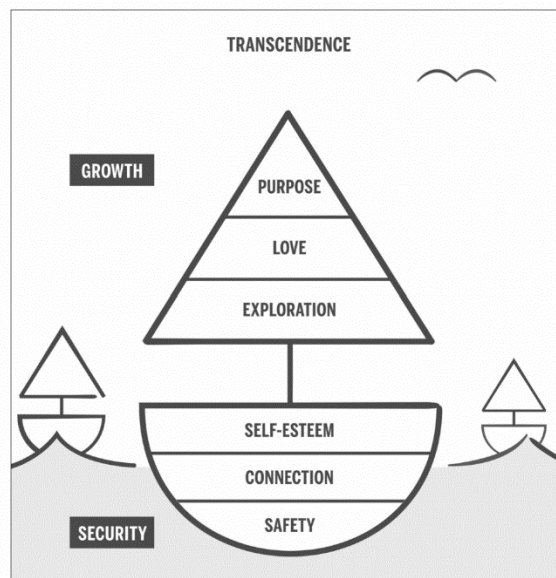


Open Your Class With This Tomorrow- *Transcend: The New Science of Self-Actualization*

Scott Kaufman proposes perhaps a more appropriate analogy for understanding the true essence of Maslow's theory. Rather than a hierarchy, he suggests a sailboat.

- The boat consists of the basic security needs of safety, connection, and self-esteem.
- The sail represents growth, which is the heart of self-actualization.

Security and growth are the two foundations necessary for becoming a whole person. Kaufman broke down growth into three specific needs: exploration, love, and purpose. He believes this captures the essence of Maslow's concept of self-actualization.



Directions:

- Go to <https://scottbarrykaufman.com/selfactualizationtests/>
- There are several tests to learn more about your personality and journey of self-actualization.
 - Test 1: [Characteristics of Self-Actualization Scale \(CSAS\)](#). This test is based on Maslow's research on characteristics of self-actualizing people and measures ten characteristics.
 - Test 2: [Light vs. Dark Side of the Force Test](#). This test offers the *Light Triad Scale (LTS)*, which measures the loving orientation towards others. It predicts life satisfaction and growth-orientation.
 - Test 3: [Awe Experience Scale \(AWE-S\)](#). This test looks at six factors associated with awe.
 - Test 4: [Healthy Selfishness Scale \(HSS\)](#). This test is based on Maslow's healthy self-love. It measures one's view of their own health, growth, happiness, joy, and freedom.
 - Test 5: [Healthy Personality Scale \(HPS\)](#). This test measures a healthy personality based on the *Revised NEO Personality Inventory*.

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Directions:

- Kaufman offered some short lists to gauge your journey of self-actualization. Explore some of the major concepts connected to the sailboat analogy below.

Boat: Security Needs

1. Safety

2. Connection

- The need for connection consists of two sub needs: need to belong and the need for intimacy.
- You can gauge your *need for belonging* by reacting to the following.
 - I try hard not to do things that will make other people avoid or reject me.
 - I need to feel that there are people I can turn to in times of need.
 - I want other people to accept me.
 - I do not like being alone.
 - It bothers me a great deal when I am not included in other people's plans.
 - My feelings are easily hurt when I feel that others do not accept me.
 - I have a strong need to belong.
- You can gauge your *need for intimacy* by reacting to the following.
 - I have a close, intimate relationship with someone.
 - I like to fully immerse myself in a relationship.
 - I want to be able to share all the good and negative emotions in a relationship.
 - I don't like being separated from the people I really care about.
 - My thoughts often revolve around my loved one.
 - Sometimes I feel a deep connection and complete unity with another person.
 - I don't keep secrets from people I love.

3. Self-Esteem

- Modern research identifies two aspects of healthy self-esteem: self-worth and mastery. Self-worth is the evaluation of your overall sense of self. Mastery is the evaluation of your overall sense of agency.
- You can gauge your *self-worth level* by reacting to the following.
 - I like myself.
 - I am a worthwhile human being.
 - I am very comfortable with myself.
 - I am secure in my sense of self-worth.
 - I have enough respect for myself.
- You can gauge your *mastery level* by reacting to the following.
 - I am highly effective at the things I do.
 - I am almost always able to accomplish what I try for.
 - I perform very well at many things.
 - I often fulfill my goals.
 - I deal well with challenges in my life.
- Self-esteem and narcissism both start around age seven but have a mirror image throughout development and very different outcomes. Research identifies two

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types of narcissism: grandiose and vulnerable. The typical grandiose narcissism is associated with being brash, boastful, noisy, and demanding the spotlight. Vulnerable narcissism consists of being sensitive to insults, shame over grandiose desires that lead to despising the spotlight, and a desire of attention based on fragility, not superior characteristics. All of us have narcissistic tendencies to some degree.

- You can gauge your *grandiose narcissism* by reacting to the following.
 - I like being the most popular person at a party.
 - I tend to take charge of most situations.
 - When people judge me, I just don't care.
 - I often fantasize about having lots of success and power.
 - I aspire to greatness.
 - I'm good at manipulating people.
 - I'm willing to exploit others to further my own goals.
 - I deserve to receive special treatment.
 - I don't worry about others' needs.
 - Others say I brag too much, but everything I say is true.
 - I will try almost anything to get my "thrills."
- You can gauge your *vulnerable narcissism* by reacting to the following.
 - I often feel as if I need compliments from others in order to be sure of myself.
 - When I realize I have failed at something, I feel humiliated
 - When others get a glimpse of my needs, I feel anxious and ashamed.
 - I often hide my needs for fear that others will see me as needy and dependent.
 - I get angry when criticized.
 - It irritates me when people don't notice how good a person I am.
 - I like to have friends who rely on me because it makes me feel important.
 - Sometimes I avoid people because I'm concerned that they'll disappoint me.
 - Sometimes I avoid people because I'm concerned they won't acknowledge what I do for them.
 - I often fantasize about being recognized for my accomplishments.
 - When someone does something nice for me, I wonder what they want from me.

Sail- Growth Needs

1. Exploration

- You can gauge your *exploration level* by reacting to the following.
 - I view challenging situations as an opportunity to grow and learn.
 - I am always looking for experiences that challenge how I think about myself and the world.
 - I seek out situations where it is likely that I will have to think in-depth about something.
 - I enjoy learning about subjects that are unfamiliar to me.

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- I find it fascinating to learn new information.
- You can gauge your *social curiosity* by reacting to the following.
 - I like to learn about the habits of others.
 - I like finding out why people behave the way they do.
 - When other people are having a conversation, I like to find out what it's about.
 - When around other people, I like listening to their conversations.
 - When people quarrel, I like to know what's going on.
- You can gauge your *adventure-seeking level* by reacting to the following.
 - The anxiety of doing something new makes me feel excited and alive.
 - Risk-taking is exciting to me.
 - When I have free time, I want to do things that are a little scary.
 - Creating an adventure as I go is much more appealing than a planned adventure.
 - I prefer friends who are excitingly unpredictable.
- You can gauge your *openness* by reacting to the following.
 - **Absorption/Flow**
 - Sometimes I experience things as if they were doubly real.
 - Sometimes I am so immersed in nature or art that I feel as if my whole state of consciousness has somehow been temporarily changed.
 - I often lose awareness of time and my physical surroundings.
 - There is often a breakdown between myself and what I am creating- I am what I was writing/playing/painting.
 - There is often a sense of "closeness" to what I am creating, a greater-than-normal emotional connection with it/
 - **Imagination**
 - I enjoy imagining things vividly.
 - I enjoy reading things that evoke visual images.
 - I can clearly picture or remember some sculpture or natural object (not alive) that I think is beautiful.
 - I identify strongly with characters in movies I watch or books I read.
 - I tend to describe things by using images, metaphors, or creative comparisons.
 - **Aesthetic Sensitivity**
 - I have many artistic interests.
 - I am fascinated by art, music, and/or literature.
 - I have favorite poems and paintings that mean a lot to me.
 - I see beauty in things that others might not notice.
 - When I travel or drive anywhere, I always watch the landscape and scenery.
 - **Intuition/Emotionality**
 - I like to rely on my intuitive impressions.
 - I can often tell how people feel without them having to say anything.
 - I enjoy learning by doing something, instead of figuring it out first.

- When I have a strong emotional experience, the effect stays with me for a long time.
- I'd rather be upset sometimes and happy sometimes than always feel calm.

2. Love

- The Dark Triad is based on grandiose narcissism (entitle self-importance), Machiavellianism (strategic exploit and deceit), psychopathy (callousness, cynicism, impulsive). The Light Triad is based on Kantianism (counter to Machiavellianism- act toward others not as a means to an end), humanism, and faith. There is a little of both in us.
- You can gauge your *dark triad* by reacting to the following.
 - I can talk my way into and out of anything.
 - I'm willing to exploit others to further my own goals.
 - I deserve to receive special treatment.
 - I don't get upset by the suffering of others.
 - I don't waste my time hanging out with people who are beneath me.
 - I hate being criticized so much that I can't control my temper when it happens.
 - When someone does something nice for me, I wonder what they want from me.
 - I will try almost anything to get my "thrills."
- You can gauge your *light triad* by reacting to the following.
 - I don't feel comfortable overtly manipulating people to do something I want.
 - I prefer honesty over charm.
 - When I talk to people, I am rarely thinking about what I want from them.
 - I would like to be authentic even if it may damage my reputation.
 - I tend to treat others as valuable.
 - I tend to admire others.
 - I tend to applaud the successes of other people.
 - I enjoy listening to people from all walks of life.
 - I tend to see the best in people.
 - I think people are mostly good.
 - I'm quick to forgive people who have hurt me.
 - I tend to trust that other people will deal fairly with me.
- B-loving people have healthy compassion and integrate cognitive and affective empathy.
- You can gauge your *cognitive empathy* by reacting to the following.
 - When two people argue, I can see both points of view.
 - I can tell when someone is guilty.
 - I can tell from their face and how they behave when someone is ashamed.
 - I know when someone is unhappy even before they say it.
 - When someone is disappointed, I can tell by how they look.
- You can gauge your *affective empathy* by reacting to the following.
 - I would feel bad for a friend left out of a fun activity.

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- Seeing a thin, starving child would make me feel upset.
- If I saw a crying baby, I would feel sorry for it.
- I would feel angry if I saw a man hitting a defenseless woman.
- Seeing a man pointing a gun at an unarmed person would make me feel frightened.
- Healthy self-love is respect for your own health, growth, happiness, joy, and freedom. It is associated with the light triad and those that score high in healthy self-love tend to care about others and are motivated to help others.
- You can gauge your *healthy selfishness* by reacting to the following.
 - I have healthy boundaries.
 - I have a lot of self-care.
 - I have a healthy dose of self-respect and don't let people take advantage of me.
 - I balance my own needs with the needs of others.
 - I advocate for my own needs.
 - I have a healthy form of selfishness (e.g., meditation, eating healthy, exercising) that does not hurt others.
 - Even though I give a lot to others, I know when to recharge.
 - I give myself permission to enjoy myself, even if it doesn't necessarily help others.
 - I take good care of myself.
 - I prioritize my own personal projects over the demands of others.
- You can gauge your *self-compassion* by reacting to the following.
 - When something painful happens, I try to take a balanced view of the situation.
 - I try to see my failings as part of the human condition.
 - When I'm going through a very hard time, I give myself the caring and tenderness I need.
 - When something upsets me, I try to keep my emotions in balance.
 - When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
 - I try to be understanding and patient toward those aspects of my personality I don't like.
- A healthy authenticity helps you become a whole person as you understand, accept, and take responsibility for yourself. The main parts are self-awareness, self-honesty, integrity, and authentic relationships.
- You can gauge your *healthy authenticity* by reacting to the following.
 - **Self-awareness**
 - For better or worse, I am aware of who I truly am.
 - I have a good understanding of why I do the things I do.
 - I understand why I believe the things I do about myself.
 - I actively attempt to understand myself as well as possible.
 - I am in touch with my motive and desires.
 - **Self-honesty** (*All reverse coded- the less you endorse them, the more self-honest you are)

- I'd rather feel good about myself than objectively assess my personal limitations and shortcomings.
- I tend to have difficulty accepting my personal faults, so I try to cast them in a more positive way.
- I try to block out any unpleasant feelings I might have about myself.
- I prefer to ignore my darkest thoughts and feelings.
- If someone points out or focuses on one of my shortcomings, I quickly try to block it out of my mind and forget it.
- **Integrity**
 - I try to act in a manner that is consistent with my personally held values, even if others criticize or reject me for doing so.
 - I am true to myself in most situations.
 - I am willing to endure negative consequences by expressing my true beliefs about things.
 - I find that my behavior typically expresses my values.
 - I live in accordance with my values and beliefs.
- **Authentic relationships.**
 - I want close others to understand the real me rather than just my public persona or image.
 - In general, I place a good deal of importance on people I am close to understanding who I truly am.
 - I make it a point to express to close others how much I truly care for them.
 - I want people with whom I am close to understand my weaknesses.
 - My openness and honesty in close relationships are extremely important to me.

3. Purpose

- Having a purpose is crucial for growth. Factors that lead to optimal growth include SMART goals, grit and equanimity, harmonious passion, exercising signature strengths, hope, being supported, and knowing when to move on.
- You can gauge your *hope level* by reacting to the following.
 - **Goal directed energy**
 - I energetically pursue my goals.
 - My past experiences have prepared me well for my future.
 - I've been pretty successful in life.
 - I meet the goals that I set for myself.
 - **Hope- Pathways**
 - I can think of many ways to get out of a jam.
 - There are lots of ways around any problem.
 - I can think of many ways to get the things in life that are important to me.
 - Even when others get discouraged, I know I can find a way to solve the problem.