1. What does the third force actually mean?
2. According to Maslow, what is self-actualization?
3. Draw Maslow’s Hierarchy of Needs. Be sure to label the pyramid & briefly describe each level.
4. According to Maslow, what are B-values? Give three examples.
5. According to Rogers, what are the formative tendency and the actualizing tendency?
6. What is unconditional positive regard?
7. What does the term incongruence refer to?
8. What does the term counselor congruence mean?
9. What is empathic listening?
10. According to Rogers, what is the single most important factor in counseling? Briefly explain your answer.
11. According to May, what does being-in-the-world mean and why is the term hyphenated?
12. According to May, why do people feel guilty?
14. According to May, what are the four different forms of love? Give an example of each.
15. What does an existential therapist help a client work on to improve their mental health and adjustment?
16. What group of individuals heavily influenced the psychological theorist in the field of existential psychology? Name a couple of them.