

Name _____ Date _____ Period _____

Characteristics of Self-Actualized People

They are realistically oriented.

They accept themselves, other people, and the natural world for what they are.

They have a great deal of spontaneity.

They are problem-centered rather than self-centered.

They have an air of detachment and a need for privacy.

They are autonomous and independent.

Their appreciation of people and things is fresh rather than stereotyped.

Most of them have had profound mystical or spiritual experiences, although not necessarily religious in character.

They identify with humanity.

Their intimate relationships with a few specially loved people tend to be profound and deeply emotional rather than superficial.

Their values and attitudes are democratic.

They do not confuse means with ends.

Their sense of humor is philosophical rather than hostile.

They have a great fund of creativeness.

They resist conformity to the culture.

They transcend the environment rather than just coping with it.