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(1902-1987)

Unconditional Positive Regard vs Conditional Regard

**“ . . . [Feeling that another]. . .to be a person of unconditional self-worth: of value no matter what his condition, his behavior, or his feelings.”
Rogers, p. 185. 1951.**

Core Assumptions

Man is qualitatively different from other species.

Man is intentional

A person is always in the process of becoming

A person is continually striving to realize her potential

Man is aware

Being aware man knows his choices make a difference

The person behaves as he perceives himself to be

As a result of interaction with the environment and particularly as a result of *evaluational* [my italics] interactions with others [i.e., people], the structure of self is formed together with values attached to the concept of self. Rogers, 1951

On Becoming A Person (1961)

It appears that the person who is psychologically free moves in the direction of becoming a more *fully functioning person* [my italics]. He is more able to live fully in and with each and all of his feelings and reactions. He makes increasing use of all his organic equipment to sense, as accurately as possible, the existential situation within and without. He makes use of all of the information his nervous system can thus supply, using it in awareness, but recognizing that his total organism may be, and often is, wiser than his awareness. He is more able to permit his total organism to function freely in all its complexity in selecting, from the multitude of possibilities, that behavior which in this moment of time will be most generally and genuinely satisfying. He is able to put more trust in his organism in this functioning, not because it is infallible, but because he can fully open to the consequences of each of his actions and correct them if they prove to be less than satisfying.

Rogers, 1961

