

1

What Is Self Actualization

The realization or fulfillment of one's talents and potentialities. This is a drive or need that should be present in everyone

Self-actualization, in Maslow's Hierarchy of needs, is the highest level of psychological development where the "actualization" of full personal potential is achieved. This can only occur after basic physiological and mental needs have been fulfilled.

2



Maslow's Hierarchy of Needs

3

- According to Maslow, a person's growth is determined by **the behavioral motivation to achieve** self-actualization.
- In order for motivation to develop to the next stage, the stage before it must be satisfied or perceived satisfied within the **individual themselves**.
- Theorists now suggest that these levels of hierarchy **continuously overlap** each other.
- This means that the lower levels may **take precedence** over the other levels at any point in time

Why Is It Important and Relevant?

4

Examples of Fluctuation in the Hierarchy

A. Physiological Needs

The need for basic food and shelter

- Due to food insecurity, homelessness, job loss, or economic downturn

B. Safety Needs

Personal Safety

- Due to Domestic Abuse and Violence or Child Abuse

C. Love and Belonging

Intimacy, Family, Belonging

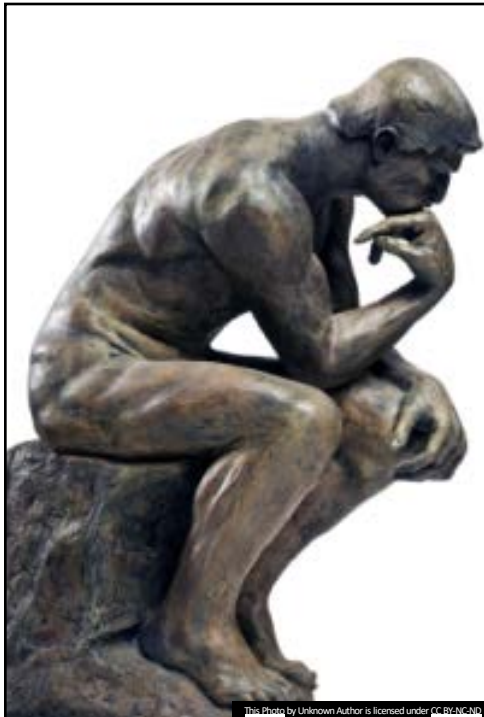
- Relationship breakup, Divorce, Family Dysfunction

D. Esteem

Respect, Self-Esteem, Status, Recognition, Strength, Freedom

- Low self-esteem, feelings of inadequacy, feelings of hopelessness, oppression

5



How Do I Get To the Next Level ?

**Self
Actualization is
Always the
Goal**

6

The process of Self-Actualization Involves Thought Re-framing



7

Reframing is changing your perspective on a given situation to give it a more positive or more beneficial meaning to you

8

Instead of This:

"Ugh, I'm such an idiot." → "This has nothing to do with my identity or my self-worth, but what I'm doing isn't working. Can I try something different?"

"I can't do this." → "It might be difficult, and I might have to learn some new skills, but I can do this. One step at a time, and patience is key."

"No one will ever love me." → "I am lovable and worthy just by being me. Maybe I need to work on learning how to love myself first, that way my worth won't be tied to another person's opinion of me."

@OM_Therapy_Coaching

Examples of Re-framing

9

Reframing Can Be Used as a Universal Change Agent

Steps for Reframing

Behavior

- Assess the behavior.
- Discover and acknowledge the benefits of keeping the behavior (why are you holding on to it)
- List benefits of changing the behavior
- Create choices.
- Ecology check (check your own feelings and decide on a course of action that would be wise to follow).
- Future pace and check (imagine yourself in the future in a given desired situation behaving differently).

Analysis of Stress

- Examine what's stressing you
- Find the source that triggered your stress
- Look for what you can change (Can you do anything to eliminate the problem causing the stress)
- Look for benefits of letting go of the stress (sometimes we "like to hold on")
- Find the humor in the situation if possible.

10

Reframing Can Be Used as a Universal Change Agent

Steps for Reframing

A Thought

- Identify the thought
- What precipitated the thought
- Stop the negative thought
- Replace the negative thought with a positive thought
- Use repetitive positive self talk

Your Mood

- Calm yourself
- Identify the situation
- Analyze your mood
- Identify automatic thoughts
- Identify fair and balanced thoughts
- Monitor present mood

11

Cognitive Distortions (Automatic Thoughts)

• All-or-Nothing Thinking

You are either a success or a failure no in between. No recognition of growth or the process of change. Small victories are discounted and not regarded as accomplishments.

• Overgeneralization

Coming to a conclusion about yourself or something in your life without sufficient evidence or proof. Self -Doubt. We are own worst enemy

• Disqualifying the Positive

Good things “don’t count” because “that was just an easy task,” or attributed to chance, or even “a mistake.” Bad things are deeply internalized as personal flaws. Can’t even accept

12

Cognitive Distortions (Automatic Thoughts)

- **Jumping to Conclusions**

Making unwarranted decisions without having all the facts “No the sudden silence in the room does not mean we were talking about you”

- **Magnification**

Making a mountain out of a molehill. Over-reactive, histrionic behavior. Making too much of a minor issue

- **Shoulda, Woulda, Coulda Statements**

Statements are often used by the thinker to take on a negative view of their life. These types of thoughts are often rooted in internalized expectations which might not be appropriate or achievable for an individual. These thoughts can diminish your

13

Cognitive Distortions (Automatic Thoughts)

- **Labeling**

Affects the self-identity. It also influences your behavior and choices. It is associated with the concepts of self-fulfilling prophecy and stereotyping.

- **Personalization**

Everything is my fault. I am responsible for unhealthy external events. I am the center of all the problems at home and work. Blame and Shame all the time.

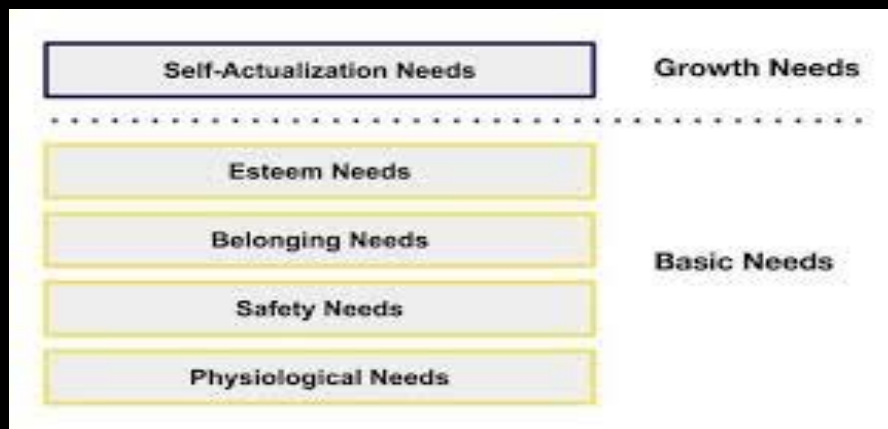
14

How to begin the Process of Self Actualization



15

Examine Yourself



16

Manage Your Trauma History

It is so important to acknowledge and process your own trauma history because:

- You can be easily triggered by other's trauma– other adults(friends, family, the parents and the children you work with).
- If you are not careful you will try to provide solutions or interventions for someone else's trauma as you would want your own trauma to be addressed (their healing may look completely different and require different things. Just like you can't teach all the children the same way you can't intervene in someone else's healing the same way).

17

Manage Your Trauma History

- Even creating a perfect environment for yourself, (perfect family, perfect education, perfect job) or with your students (amazing classroom set up, creative lesson plans, individualized instruction) it will not allow you to ignore, dismiss, or diminish trauma so you need to be prepared.
- In order to heal others you must be able to recognize trauma, be aware of how it manifests itself, and provide and implement strategies and methods of coping

18

In Summary

Understand	Understand the causes
Take	Take control
Create	Create balance in your life
Develop	Develop a new attitude
Take	Take care of your body
Connect	Connect with others

19

What Else Can I Do for Coping and Self-Care?

- Take care of your physical body
- Take time to unwind
- Breathing Exercises
- Spiritual Reflection
- Journaling
- Connect with others
- Reflective listening
- Positive self talk
- Reality checks
- Find things to do/distractions (hobbies and interests)

• **Ask for HELP**

20

Questions and Open Discussion



21

Resources

Therapist in your area: www.therapistlocator.com

Deep breathing video: Google - Relaxation Response Video Exercise:
Meditate with Peg Baim, MS, NP

<https://scottjeffrey.com/self-actualization>

https://www.mindtools.com/pages/article/newTCS_81.htm

Annabellspeaks.com

22