

Humanistic Psychology Terminology Quiz

	Definition	Term
1	A theory explaining human motivation as a series of levels that must be met before reaching full potential.	
2	Accepting and valuing someone without judgement, no matter what they do or say.	
3	The person we would ideally like to be.	
4	When there's a mismatch between our real self and ideal self.	
5	An approach to understanding behaviour that focuses on subjective experience and each person's ability to choose their actions.	
6	Rules we learn from others about what makes us worthy of approval and love.	
7	A type of therapy focusing on helping people reach congruence by showing acceptance and empathy.	
8	The idea that people have an active role and can choose how they behave.	
9	Psychological needs linked to personal growth and achieving potential.	
10	When our real self and ideal self match closely.	
11	Basic survival needs like food, safety, and security.	
12	The term for who we really are, shaped by our experiences.	
13	The highest level of psychological growth, where someone becomes the best they can be.	
14	A characteristic or ability that someone is born with.	

Humanistic Psychology Quiz (Teacher Answers)

#	Definition	Model Answer
1	A theory explaining human motivation as a series of levels that must be met before reaching full potential.	Maslow's Hierarchy of Needs
2	Accepting and valuing someone without judgement, no matter what they do or say.	Unconditional Positive Regard
3	The person we would ideally like to be.	Ideal Self
4	When there's a mismatch between our real self and ideal self.	Incongruence
5	An approach to understanding behaviour that focuses on subjective experience and each person's ability to choose their actions.	Humanistic Psychology
6	Rules we learn from others about what makes us worthy of approval and love.	Conditions of Worth
7	A type of therapy focusing on helping people reach congruence by showing acceptance and empathy.	Client-Centred Therapy
8	The idea that people have an active role and can choose how they behave.	Free Will
9	Psychological needs linked to personal growth and achieving potential.	Growth Need
10	When our real self and ideal self match closely.	Congruence
1 1	Basic survival needs like food, safety, and security.	Deficiency Needs
1 2	The term for who we really are, shaped by our experiences.	Concept of Self
1 3	The highest level of psychological growth, where someone becomes the best they can be.	Self-Actualisation
1 4	A characteristic or ability that someone is born with.	Innate