He named these feelings “the Oedipus Complex” after a story from Greek mythology.

3. Defending Against Anxiety
Freud believed that we are anxious about our unacceptable wished and impulses, and we repress this anxiety with the help of the strategies below.

II. Humanistic Theories of Personality
- in the 1960’s, some psychologists began to reject:
  in the dehumanizing ideas in Behaviorism, and the dysfunctional view of people in psychodynamic thought.
- Maslow and Rogers sought to offer a “third force” in psychology: The humanistic perspective.

A. Maslow: The Self-Actualizing Person
In Maslow’s view, people are motivated to keep moving up a hierarchy of needs, growing beyond getting basic needs met.
At the top of this hierarchy are self-actualization, fulfilling one’s potential, and Rogers agreed that people have natural tendencies to grow, become healthy, move toward self-actualization.

Geniuses: being honest, direct not using a façade
Acceptance: unconditional positive regard: acknowledging feelings, even problems, without passing judgment; honoring, not devaluing
Empathy: tuning into the feelings of others, showing your efforts to understand, listening well (not sympathy: people need to be heard not pitied)

Critiquing the Humanist Perspective
What about evil?
Some say Rogers did not appreciate the human capacity for evil.
Rogers saw “evil” as a social phenomenon, not an individual trait: “wait I look at the world I’m pessimistic, but when I look at people I am optimistic.”
Humanist response: self acceptance is not the end.

Too much self centeredness?
Some say that the pursuit of self concept, an accepting ideal self, and self actualization encouraged not self transcendence but self indulgence, self centeredness.