DR. IVAN **KENNEDY**
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Fully Functioning Person

According to Carl Rogers, a fully functioning person is someone who lives in a way that is true to themselves, creative, and uses freedom of choice; a person who is aware of and responsible for own feelings, needs, and behaviours. Such people understand their emotions and trust their own instincts and desires; they accept themselves for who they are which helps them become a better version of themselves. However, whilst this notion of an FFP is an ideal and a fluid process, rather than a tangible result, one can strive continually to improve, to self-actualise, but one can never actually fully self-actualise—merely, strive to be their best.

Key characteristics of a fully functioning person include:

Continually Open to Life:

- embraces new experiences even if difficult or challenging
- interprets experiences accurately;
- accepts feedback and change;
- strives for personal growth;
- minmises defensiveness.

Lives Existentially:

- here and now;
- emotionally aware;
- not bound by past experiences, uses them as a resource;
- permits and accepts reality rather than denies or distorts to fit world view;
- allows one's true self to be expressed within the experience.

Reliability and Self-trust:

- harmonious, helpful, progressive, productive, constructive;
- fair & balanced to meet needs;
- faith in choice of apt behaviour;
- non-reliance on conformity and social norms;
- trusts own experiences & learning forms/guides morals;
- positive self-regard.

Lives a rich Full, Free life:

- bountiful and stimulating experiences;
- aware & delves into emotions;
- intensely experiences joy & pain, love & sorrow, fear & bravery;
- genuineness influences choice;
- wide array of choices;
- fluid, adaptive, responsible, creative, genuine, accepting.

Based on work of Carl Rogers (1963)

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Complete each section with 3 or more ideas of how you do live as an FFP and 3 ideas of how you might live more as an FFP

Continually Open to Life:

1
2
3

* * *

1
2
3

Lives Existentially:

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Reliability and Self-trust:

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Lives a rich Full, Free life:

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1
2
3

Based on work of Carl Rogers (1963)