

ROGERS

1. Movement away from facades, pretense, defensiveness, putting up a front tend to be negatively valued.
2. Movement away from "oughts" away from who "I ought to be" no matter who sets that imperative.
3. A movement away from meeting the expectations of others. The goal of others. The goal of pleasing others is negatively valued.
4. Movement toward being real. Being one's self, being real in one's feelings; being what I am.
5. Self-direction as positively valued. Increasing pride in making own choices and decisions. Guiding own life.
6. Movement away from looking on self with contempt and despair toward valuing self and own reactions as being of worth.
7. Being in process is positively valued. The movement away from fixed goal toward excitement of being a process of potentialities being born.
8. Openness to all inner and outer experience. His own reactions and feelings, those of others, and those of the objective world.
9. Sensitivity to others and appreciation of what they are. An appreciation of himself.
10. Deep relationships are positively valued. Deep need to achieve a close, intimate, real, fully communicative relationship with another person.