

2010-03-08

A HEALTHY PERSONALITY

1. A healthy personality is a growing personality.
2. A healthy personality shows evidence, in his very being and presence, of his alert and responsive care for himself.
3. A healthy personality finds this life meaningful, with satisfactions and some acceptance of suffering.
4. A healthy personality loves and is loved.
5. A healthy personality is not in doubt as to who he is and what his feelings and convictions are.
6. A healthy personality does not apologize for being the very person he is.
7. A healthy personality can see himself, the world and another person from the standpoint of possibility. None of these three is seen by a healthy personality as frozen, finished, or defined once and for all.

From: Disclosing Man to Himself

By: Sidney M. Jourard

Read by Ken Haystead

March 08, 2010