

Mr Karoly Balazs Erdei

1. Give your own meaning of self-actualization.

To become what one was born to become; to reach full potential of one's abilities.

2. What are the negative impacts of self actualization? Name at least one or two according to your experiences – personally/in your workplace/at home...

In my experience self-actualization may lead to unhappiness, if the environmental factors (cultural environment, institutional background, family relations) are incompatible with the person's self-actualization. For example Nicolaus Copernicus was in my view a self-actualized person, but the fact that he reached his full potential and formulated a heliocentric model of the universe made him subject to very much criticism.