Characteristics of a healthy individual

Freud-
Id- is the source of instinctive energy; it seeks to maximize pleasure, amoral, and has no unity of purpose
Ego-when the id is modified by expectations and requirements of the external world
Superego-grows out of the ego and has capacity to rule it

A healthy individual would have a good balance of the id, ego, and superego, and would not get fixated in any one of Freud’s developmental stages.

Erikson-
Psychosocial stages of development:
1. Trust vs. mistrust- a healthy individual will develop a strong sense of trust
2. Autonomy vs. shame- a healthy individual will develop autonomy over shame
3. Initiative vs. guilt- a healthy individual will leave this stage with the ability to take initiative
4. Industry vs. inferiority- a healthy individual will leave this stage feeling and being competent
5. Identity vs. role confusion- a healthy individual will go through the process of identity development
6. Intimacy vs. isolation- a healthy individual will be able to commit to a meaningful relationship
7. Generativity vs. stagnation- a healthy individual will possess a responsibility to guide the next generation
8. Ego integrity vs. despair- a healthy individual will be satisfied with his/her accomplishments and view death as an inevitable end of life.

Covey-
- A habit is an intersection of knowledge, skill and desire.
  Knowledge- what to do
  Skill- how to do
  Desire- want to do
- Habits provide an incremental, sequential, highly integrated approach to the development of personal and interpersonal effectiveness.
- Maturity Continuum (move down the continuum)
  Dependence  Independence  Interdependence
- Habits of Effectiveness (characteristics of a healthy individual)
  1. Be proactive- take initiative, as humans we are responsible for our own lives. Our behavior is a function of our decisions, not our conditions. We can subordinate feelings and values. We have the initiative and responsibility to make things happen.
2. Begin with the end in mind- using what is most important to you as a frame of reference or a context from which you examine the parts of your life. It is keeping a picture of what is most important to you. This allows you each day to be and do what really matters to you. It is based on a principle that all things are created twice.

   Mental- 1st creation
   Physical- 2nd creation

3. Put first things first- It is exercising independent will toward becoming principle centered.

4. Think win/win- Having the frame of mind and heart that constantly seeks mutual benefit in all human interactions. In addition, agreements or solutions are mutually beneficial and satisfying.

5. Seek first to understand and then to be understood- Prescribe before you diagnose. Seeking to understand requires consideration, and seeking to be understood requires courage.

6. Synergize- The whole is greater than the sum of its parts. The essence of synergy is to value difference- to respect it, build on strengths, and to compensate for weakness.

7. Sharpen the saw- Renewing the four dimensions of your nature

   Physical-Mental-Spiritual-Social/Emotional
   1. Physical- exercise, nutrition, and stress management
   2. Mental- reading, visualizing, planning, and writing
   3. Spiritual- value clarification, commitment, study and meditation
   4. Social/Emotional- service, empathy, synergy, and intrinsic security

(The seventh habit surrounds the others because it is the habit that makes all others possible)

**IT'S PRESERVING AND ENHANCING THE GREATEST ASSET YOU HAVE—YOU!!**

Maslow/Rogers

- An individual is healthier if all their needs are met.
- A healthy individual has clear boundaries.
- An individual is considered to be at their healthiest stage when they have reached self-actualization.

Jean Houston- a characteristic of a healthy individual is the ability to provoke the potential in others.

My perspective:

   A healthy individual is person who is self aware, an effective communicator, possess coping skills, flexible, adaptable, respectful, and competent.

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