

**PSY 131: Psychology of Adjustment**

Meaning and Values  
Chapter 13

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**Three Existential Questions**

- Who am I?
- Where am I going?
- Why?

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**Our Quest for Identity**

- Identifying core values is a part of the quest for identity
- An identity is not achieved once and for all
- We need to listen to our inner selves and trust what we hear
- We may decide to go against our cultural upbringing to create an identity that is congruent with our values

Slide 3

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## Examining Your Values

- Where did I develop my values?
- Are my values open to challenge and modification?
- How do my values affect my behavior?
- Am I able to accept others — even if they think, feel, or act in different ways from me?

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## Embracing Diversity

- Meaning in life can be found by paying attention to the common ground we are sharing and by becoming aware of universal themes that unite us
- Create a philosophy of life that embraces understanding/acceptance of diverse world views
- Prejudice and discrimination are paths toward an empty existence
- Becoming aware of our own subtle prejudice is the first step toward change

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## Ways of Breaking Down Barriers and Building Connections

- Acknowledge and challenge your biases and prejudices
- Avoid judging differences — view diversity as a strength
- Be respectful of those who differ from you
- Learn about cultures that differ from your own
- Be willing to test, adapt, and change your perceptions

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