

PSY 131: Psychology of Adjustment

Pathways to Personal Growth
Chapter 14

Pathways for Continued Self-Exploration

- Develop a reading program
- Continue your writing program
- Engage in self-directed behavior change
- Get involved in a support group

Slide 2

Counseling as a Way to Understand Yourself

- You might consider seeking counseling when —
 - You feel out of control of your life
 - You are stuck
 - You are involved in an unsatisfying relationship
 - You are experiencing a spiritual crisis
 - You are experiencing a significant loss
 - You are the victim of discrimination or oppression
 - You fear using your potential

Slide 3

Understanding Your Dreams

- The messages we receive in dreams are related to our hopes, fears, concerns of daily life
- Dreams can reveal significant clues to events that have meaning for us
- Dreams are messages that deserve to be listened to and respected
- Dreams can provide a pathway to better understanding of yourself

Slide 4
