

THE ACTUALISING TENDENCY

Our natural movement towards growth, wholeness and fulfilment

AT A GLANCE



Carl Rogers proposed that people have an inherent tendency to develop their capacities when the surrounding conditions are supportive enough.

KEY IDEAS

INNER DIRECTION

People carry resources and an impulse towards growth.

SUPPORTIVE CONDITIONS

Empathy, acceptance and genuineness help growth.

OBSTACLES

Criticism, shame, fear and conditions of worth can restrict it.

FLOURISHING

Growth is individual, gradual and never a demand for perfection.

WHY IT MATTERS



This model focuses on potential rather than defect. Difficulties may reflect blocked growth, not a broken person.

PUTTING THE IDEA INTO PRACTICE

1

NOTICE

Where do you already feel most alive or authentic?

2

REMOVE PRESSURE

Replace forced change with curiosity and permission.

3

SUPPORT

Identify relationships and settings where you feel accepted.

4

SMALL STEP

Choose one action that honours your direction of growth.

REFLECTION PROMPTS

1

What feels ready to grow?

2

What conditions help me feel most myself?

3

What gets in the way of trusting my own direction?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.