DQ 1

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1. Sartre and his Existentialism explains that humans in this world are free to choose their course of life. Similarly, the existential-humanistic approach is needed so that man can realize that he has free choice in this world. He has to decide his purpose of life on earth. All people on this planet have their destiny and they are not being controlled by any authority. Various humanistic-existentialist approaches such as conceptualization, therapeutic goals, intervention strategies, and research methodologies to understand human psychology in a better way. The psychologists involved in this existential-humanist approach focus on the fact that every case is different in his nature and ideals. So, the principles of freedom and responsibility are very important in reforming these troubled souls.
2. Kierkegaard and his term angst highlighted that preoccupation with negative thoughts is common when one is alone. His negative emotions fully occupy him. Neurotic anxiety is often the result of this angst which occurs when he is reflecting on his past experiences. Though normal anxiety is common, neurotic anxiety is not something healthy as it immobilizes people. It is perfectly fine to struggle with such behavior as human are prone to such negative stimuli. Nevertheless, a humanistic approach necessitates that such people are courted intelligently.
3. Cognitive-behavioral approaches are needed in understanding human psychology because human behaver is not a simple phenomenon (Corey, 1976). Whatever human behavior is evident above, is a result of his various notable beliefs, values, reactions, and emotions. So, these therapies are an essential component in psychology as they have various behavioral strategies and therapies to comprehend human personality.
4. Rational Emotive theory is the scheme where healthy and positive thoughts replace negative and self-defeating thoughts. A person becomes valuable in his own self. Nevertheless, various exercise is needed such as changing perceptions, feelings about things. Several mental-help strategies are helpful for instance self-help books, constructive visualization to cure any person with disturbed ego.

**References**

*Login | GCU WebViewer*. (2019). *Viewer.gcu.edu*. Retrieved 4 July 2019, from https://viewer.gcu.edu/CGtxeq