What assumptions about human nature do humanistic psychologists make?

The humanistic approach teaches us that each individual has free will, this belief is what separates the humanistic approach from all others. Objectively, this notion can appear somewhat illogical since simultaneously it also suggest that people have the ability to choose their own action, thus explaining that one’s behavior is determined by the received treatment from others and their inborn set of needs.

When it comes to nature, humanistic psychologist takes on an optimistic view point. The assumption is made that people possess the ability to rise above their primitive animal heritage “hunt or be hunted” and survive in whatever environment they are ultimately placed in. In the humanistic approach, people are observed as being conscious and rational and are ultimately not dominated by irrational conflict, nor are they helpless counters of deterministic services.

What is the role that the self and personal authenticity are believed to play in personality?

What personality characteristics does positive psychology focus on and how does that emphasis expand our knowledge of personality?

How do humanistic theorists explain anxiety and/or depression?

How do positive psychology theorists explain anxiety and/or depression?