This definition attempts to define a state of ideal \_\_\_\_\_\_\_\_\_\_ health (i.e. factors necessary for ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_living’).

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1958) defined ideal mental health through a list of characteristics, indicating psychological health, therefore the \_\_\_\_\_\_\_\_\_\_\_\_\_ of the characteristics suggest abnormality.

**Characteristics**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ sense of self-identity – in touch with their own identity and feelings
2. Resistant to stress – resistant to stress and its \_\_\_\_\_\_\_\_\_\_\_ effects
3. Self-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – should be focussed on the future and fulfilling their potential
4. Autonomy – should function autonomously, recognising own needs and have an accurate perception of \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – show understanding towards others

[http://t3.gstatic.com/images?q=tbn:ygyfB6HipmdTjM:http://i60.photobucket.com/albums/h39/Advocate7x70/screen_bean_question.gif](http://images.google.co.uk/imgres?imgurl=http://i60.photobucket.com/albums/h39/Advocate7x70/screen_bean_question.gif&imgrefurl=http://www.digitalworshiper.com/2009/01/11-characteristics-of-successful.html&usg=__rmZXmNpJ0123tjZtSV9TNfH16c8=&h=413&w=170&sz=3&hl=en&start=2&itbs=1&tbnid=ygyfB6HipmdTjM:&tbnh=125&tbnw=51&prev=/images?q%3Dscreen%2Bbean%26hl%3Den%26safe%3Dactive%26gbv%3D2%26tbs%3Disch:1)

**optimal absense negative**

**perfect strong**

**presence Rosenhan & Seligman**

**actualisation mental**

**Empathy decent**

**reality Marie Jahoda**