Preface	ра	ge ix
Chapter 1	Approaches to psychological theory	I
2	Concepts of the optimal personality	9
	Popular concepts	10
	Intra-individual consistency	12
	Adequacy of coping	13
	Actualization of potentials	14
	Awareness	15
	The quality of experience	16
	Social relationships	18
	Some overall implications	18
3	Research strategy for the study of the optimal personality	20
	The need for constructive analysis	23
	The problem of measurement	30
4	Development of a research	
	Battery: measures of personal consistency	36
	Phenomenal organization	37
	Logical consistency of the attitude-belief system	
	Consistency of self-description	46
	Consistency with a socially defined standard	51
	Consistency with group-defined trends	53
5	The scope of awareness	56
•		58
	The research of Fitzgerald The Experience Inventory	59
	The Experience inventory	39

	An analysis of the Experience Inventory	69
	The scope of early memory	73
	Miscellaneous activities	77
	Correlates of the experience measures	79
6	The experience of control	82
	The measurement of control	84
	The development of the Personal Opinion	86
	Survey An analysis of the Personal Opinion Survey	
	Story Completions	95 100
	Correlates of the control measures	100
	Correlates of the control measures	102
7	Additional questionnaire instruments	108
	General Beliefs	108
	Reality contact	122
	Other scales	127
8	Other measures included in the research	
o	battery	130
	Measures of cognitive functioning	130
	Correlates of the cognitive measures	134
	Measures of temporal orientation	136
	Another look at the self-concept	140
9	An analysis of the battery as a whole	145
•	The variables analyzed	147
	The battery factors	152
	An overview of the factors and their	-5-
	interrelationships	167
10	Masculine and feminine modes of functioning	173
	Sex differences observed in the present battery	173
	The basic nature and source of sex differences	178
	Optimal modes of functioning in men and	•
	women	186

÷

11 Toward a general theory of the optima personality	1 191
The nature of the issue	191
Empirical approaches to the issue	193
An overview of present findings	196
Theoretical implications	198
The need for flexibility	203
Flexibility and experience of the self	208
Flexibility and interpersonal relationships	213
Flexibility and the generation gap	218
The need for unification	224
A summary of present theses	229
References	231
Index	237