## Cheatography

## Eastern Perspective Cheat Sheet by ElectroM via cheatography.com/146671/cs/35794/

- In the East, self-actualisation refers to

transcendence of the self rather than the extension of the self, which is how it is understood in the

- Aim is to 'dissolve rather than to strengthen the ego'

Introduction and Background		Ir	Introduction and Background (cont)		
Western Psychology	Eastern Psychology		- In Western psychology, the	- In the East, s alisation refere	
- Scientific, analytical and reductionistic, with the goal of analysing, predicting and controlling human behaviour and is influenced by the Western rational, individualistic and more extroverted lifestyle.	- Originate from a religious and metaphysical tradition with subjective observ- ation and direct subjective experience as its paradigm, and it reflects the more introverted, collec- tivist and mystical Eastern lifestyle.	c b e a	go, 'I' or self is entral and must e preserved, extended or ectualised at all osts.	transcendence self rather that extension of the which is how in understood in West.	
		th e b n fu	Aim is to 'fortify ne individual's ago' in order to become less reurotic and unction better in ociety.	- Aim is to 'dis rather than to strengthen the	
- The focus is on the object of	- The focus is on the person having the	Ρ	ersonality Accord	ing to Vedanta	
<ul> <li>experience</li> <li>Based on the method of third person observation and measurement.</li> <li>In modern times, is strongly</li> <li>embedded in a positivist objective view of the person and the empirical paradigm.</li> </ul>	<ul> <li>The method is based on first-person introspection</li> <li>Typified as intuitive and integrating, with its major aims to acquire knowledge of the soul and of how to set the soul free through self-realisa-</li> </ul>				
- Person believes 'in doing'	tion. - Person believes 'in doing'				
- Revolves around individualism focusing on the personality of the individual,	- Centres around collectivism and is more interested in the person's harmonious connec- tedness to fellow humans, society, nature and the cosmos.				

## ckground (cont)

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