

Paper has some good info. Writing can be improved and more personality concepts can be incorporated. Paper is at about a B-/B level.

April 2019
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PSYC-3028-01
Life Application Journal

Carmen "Lydia" Ponce is a survivor. To those who call her "Lydia", know her as an excellent cook, a devoted parent, and a woman of many talents. However, to me, she is an amazing grandmother. On November 2014, she was diagnosed with stage 2 breast cancer.

Although she beared amazing energy throughout her journey, I couldn't imagine the pain she is enduring. Through various trials of radiation and chemotherapy, she was able to survive breast cancer, but this was only the beginning. In 2016, she was then diagnosed with stage 1 ovarian cancer. She overcame that as well. In 2018, she suffered from a brain aneurysm that left her in very bad shape. However, that too she overcame. They are many reasons why she should be with the Lord, but I am very appreciative of the one reason that still keeps her alive.

I have a witnessed drastic life changes throughout Lydia's life prior to being diagnosed with cancer and after. Prior to being diagnosed with cancer, Lydia was very argumentative and problematic. She would argue about the smallest of things until she stressed herself out. After her diagnosis, she found faith in Christianity. She made dietary changes, began doing calming exercises, and created better relationships with people around her.

Lydia has endured more than enough health issues that prohibit her from living a happy life, but she does not let her illnesses define. While constantly battling cancer, she has continued to be a caretaker to her ill mother, my great grandmother. Lydia has continued to live a life through positivity and life style changes. The present life she is living can be assessed through humanistic, trait theory, existential, and interactionist. I will be analyzing Lydia's life through several psychological theories.

Need a thesis - "This paper will examine..."

Note: I even corrected all grammar - reads more like a reading

? sounds awkward

stick to past or present - not back and forth

Don't need
to give
basic
info -
comment
applies
throughout

~~According to the Humanistic Theory, humans should focus on the positive aspects of human nature. The humanistic approach considers many models that discuss the innate goodness of humans. Consider Maslow's Hierarchy of Need, which discusses the importance of human needs, which are: physiological needs, safety needs, love and belonging, self esteem, cognitive needs, aesthetic needs, self-actualization needs, and transcendence needs. Lydia has always had her basic physiological needs such as food and water. She has lived in the home she's built from the ground up for over 30 years and to my knowledge, has never struggled for shelter. Because she is such a conscientious person, to my knowledge, she has not found herself in much dangerous situations. Lydia is an amazing mother to her three daughters and one son and because of that, they have always made her feel loved. She has been divorced twice in her life, she found love in her new fiancé and their seven year relationship. She has a good-standing self-esteem. She has competence for problem-solving, understanding of complex situations, and she seems like she is eager to learn, despite her age. Lydia's aesthetic needs seemed fulfill because she does not have very high levels of openness to experience. After her diagnosis of cancer, she has reached her full potential as woman after surviving cancer, diabetes, and an aneurysm. In fact, she has taken all of these negative experiences and has developed a new, positive outlook on life. When she first found out about her cancer diagnosis, she turned to her Christian faith and allowed God to guide and protect her.~~

According to Maslow's Hierarchy of Needs, Lydia's life coincides with the humanistic theory.

Good

Describe
- Be
Specific
- Maslow
argued
less than
10% self-
actualize
+ Transcend

Confusing

According to the Existential Perspective, humans are introduced to the concepts of self meaning, freedom and responsibility, anxiety as a normal condition, striving for identity and relationships, and death. This theory relates to Lydia because she experienced all of these

Use Section Headings

[REDACTED]

concepts throughout the her diagnoses. She was able to recreate her life and provide a new self-meaning. She changed her dieting, developed better sleeping patterns, and developed a new attitude about her life. She was able to find freedom in herself a survivor of cancer by not letting her disease define her destiny. She gained more responsibility by becoming the official caretaker of her mother and helping her throughout all besides her own illness. Her anxiety about the return of cancer or any other illness is absolutely normal for anyone who has experienced an incident of that magnitude. Finally, she has come to terms that death has no exact time of arrival, however, everyday she is granted should be lived to the fullest.

According to the Trait Theory, humans can be judged on a continuum from lowest to highest on five traits: openness to experiences, conscientiousness, extraversion, agreeableness, and neuroticism. In the case of Lydia, she may have had high levels of neuroticism before and after her diagnosis of cancer. High levels of neuroticism after finding out she had stage 2 breast cancer are completely justified. If anyone develops a fatal condition, high levels of depression or sadness would be normal. She has always had low levels of openness to new experiences only because of her age. Her levels of openness did not change after her diagnosis. She has always been a conscientiousness person because assuming responsibility has always been in her character regardless. Honestly, she has developed elevated levels of conscientiousness since she has become the caretaker of her mother. My great grandmother has Type I Diabetes and an amputated leg, however, Lydia tends to her every need especially on the days she feels most weak. Lydia has never really had much change in her levels of extraversion, although she can be extroverted at times. I think the most noticeable change in her big personality trait is agreeableness. Personally, I can wholeheartedly say that at one point or another, I despised Lydia. I felt like she hated me and oftentimes argued with me over petty things. But, I was the

[REDACTED]

first person to find out she had sign of cancer. Since that doomed day in 2014, I have developed so much love and respect for her. We have a better relationship now and I consider her my angel on earth. Aside from myself, she has also developed amazing relationships with everyone else around her. She has an amazing ability to care for people now and is so accepting of others.

According to the Cognitive Theory, we can reconstruct our form of thinking when we develop maladaptive thoughts by detecting, debating, and discriminating against negative thoughts. Oftentimes, we let our negative thoughts consume us in negative ways that have the ability to affect our actual behaviors. Upon knowledge about her cancer, Lydia developed an ability to be optimistic about her new life journey, which may have been good or bad. The Cognitive ABC Model consists of an activating event, which affects our beliefs, and causes consequences. In this incident, the cancer diagnosis was the activating event, her beliefs were probably, "Oh my, this may be my calling to heaven", and the consequences may have been her stressing out herself even more than the actual illness. With encouragement and concerns from her family, she was able to not let those maladaptive thoughts consume her and affect her illness in an even more detrimental manner. The environment Lydia has been in allowed her to remain in positive thoughts. The reciprocal determinism aspect of the cognitive approach outlines the interactions between the person, their behavior, and their surrounding environment. In reference to Bandura's Social Cognitive Learning Theory, Lydia has allowed her positive thoughts to form positive behaviors, which stems from the environment she places herself in, which is highly important.

To conclude, when Lydia first found out her cancer diagnosis, it struck our entire family with despair. Here I was arguing daily without I thought I despised, and now I couldn't imagine my life without her. As of presently, her brain has been creating new nonmalignant cells and

good but
example
could be
clearer

Confusing

Give
more
detail



things are finally looking up again. Lydia has endured more than enough suffering in her life to help her through these struggles.

Consider, Lydia's life was assessed through the Humanistic Approach by demonstrating every need met set forth by Maslow's Hierarchy of Need. She continues meeting her basic needs such as physiological, safety, love/belongingness, and self-esteem. Some more complicated needs may have struggled with at first but has now met are cognitive, aesthetic, self-actualization, and transcendence. Now that every need is met, she positively continues to work on self-actualizing as a new person now being a cancer survivor.

Recalling the Existential Approach, Lydia literally came face to face with death once she was diagnosed with world's second leading cause of death. Not only was she battling cancer, but she was battling Type II Diabetes, which complicated everything more. However, she came to terms that the aspects of death and anxiety are normal. In fact, she can put her faith on living a longer life, despite the fact that death may come at any time although she currently may not suffer from cancer.

Lydia's life also coincides with the Trait and Cognitive Theory. Lydia has stable levels of neuroticism, agreeableness, and conscientiousness. However, she has reasonably low levels of openness to experiences and extraversion given her age. Moreover, Lydia followed the criteria of the Cognitive Approach by detecting and discriminating against maladaptive thoughts that would worsen her illness.