Text: Corey

1. In the Adlerian model, lifestyle refers to an individual's basic orientation in life. It is the distinctive way one moves toward a life goal or, more precisely, the characteristic beliefs and behaviors used to move toward the life goal.

   Mosak has proposed that there are five basic mistakes associated with lifestyles. Please list them.

2. Please list and define the following terms as they are used in existential therapy.
   - existential guilt
   - existential vacuum
   - freedom

3. Rogers has argued that three personal characteristics (or attitudes) are central to the therapeutic relationship:
   (1) congruence (genuineness);
   (2) unconditional positive regard & acceptance (warmth); and
   (3) accurate empathic understanding (empathy).

   Please list and define these terms.