

I never knew I had a  
**choice**

EXPLORATIONS

IN

PERSONAL

GROWTH



**GERALD COREY**  
**MARIANNE SCHNEIDER COREY**

seventh edition

Seventh Edition

# **I Never Knew I Had a Choice**

## Explorations in Personal Growth

### **GERALD COREY**

California State University, Fullerton  
Diplomate in Counseling Psychology,  
American Board of Professional Psychology

### **MARIANNE SCHNEIDER COREY**

Private Practice/Consultant

**BROOKS/COLE**

★  
**THOMSON LEARNING**

---

Australia • Canada • Mexico • Singapore • Spain • United Kingdom • United States

Sponsoring Editor: *Julie Martinez*  
Editorial Assistant: *Cat Broz*  
Marketing: *Caroline Concilla/Megan Hansen*  
Developmental Editor: *Sherry Symington*  
Project Editor: *Tessa Avila*  
Production Service: *The Cooper Company*  
Manuscript Editor: *Kay Mikel*  
Permissions Editor: *Lillian Campobasso*  
Photograph credits are on page 476.

Interior and Cover Design: *Delgado Design*  
Cover Photo: *Masterfile*  
Photo Researcher: *Judy Mason*  
Indexer: *Rosemary Kane*  
Print Buyer: *Vena Dyer*  
Typesetting: *ColorType, San Diego*  
Cover Printing: *Phoenix Color Corp.*  
Printing and Binding: *R. R. Donnelley/Crawfordsville*

COPYRIGHT © 2002 Wadsworth Group. Brooks/Cole is an imprint of the Wadsworth Group, a division of Thomson Learning, Inc. Thomson Learning™ is a trademark used herein under license.

*For more information about this or any other Brooks/Cole product, contact:*

**BROOKS/COLE**  
511 Forest Lodge Road  
Pacific Grove, CA 93950 USA  
[www.brookscole.com](http://www.brookscole.com)  
1-800-423-0563 (Thomson Learning Academic Resource Center)

ALL RIGHTS RESERVED. No part of this work covered by the copyright hereon may be reproduced or used in any form or by any means—graphic, electronic, or mechanical, including photocopying, recording, taping, Web distribution, or information storage and retrieval systems—without the prior written permission of the publisher.

*For permission to use material from this work, contact us by*

[www.thomsonrights.com](http://www.thomsonrights.com)  
fax: 1-800-730-2215  
phone: 1-800-730-2214

All products mentioned herein are used for identification purposes only and may be trademarks or registered trademarks of their respective owners.

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

#### **Library of Congress Cataloging-in-Publication Data**

Corey, Gerald.

I never knew I had a choice: explorations in personal growth / Gerald Corey, Marianne Schneider Corey.—7th ed.

p. cm.

Includes bibliographical references and index.

ISBN 0-534-34790-8

1. Self-perception. 2. Choice (Psychology) I. Corey, Marianne Schneider.

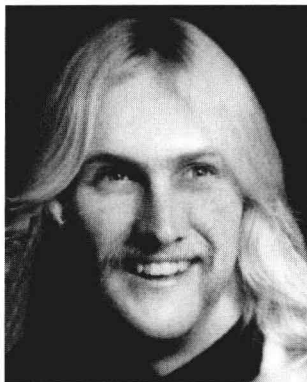
Title.

BF697.5.S43 C67 2001

158—dc21

00-046845





Courtesy of Betty Jane Morelock

*In memory of our friend Jim Morelock,  
a searcher who lived and died with dignity and  
self-respect, who struggled and questioned,  
who made the choice to live his days fully  
until time ran out on him at age 25.*

## ABOUT THE AUTHORS



**GERALD COREY** is Professor Emeritus of Human Services at California State University at Fullerton and also Adjunct Professor in the Counseling and Family Sciences Department at Loma Linda University. He teaches both undergraduate and graduate courses in group counseling, as well as courses in experiential and

therapeutic groups, the theory and practice of counseling, and ethics in counseling practice. He received his doctorate in counseling from the University of Southern California. He is a California licensed psychologist; a Diplomate in Counseling Psychology, American Board of Professional Psychology; a National Certified Counselor; a Fellow of the American Psychological Association (Counseling Psychology); a member of the Western Psychological Association; and a Fellow of the Association for Specialists in Group Work.

Jerry received the Outstanding Professor of the Year Award from California State University at Fullerton in 1991. With his colleagues he has conducted workshops in the United States, Germany, Ireland, Belgium, Scotland, Mexico, and China, with a special focus on training in group counseling. He often presents workshops for professional organizations, special intensive courses at various universities, and residential training and supervision workshops for group leaders. In his leisure time, Jerry likes to travel, hike, and bicycle in the mountains and drive his 1931 Model A Ford.

Recent publications by Jerry Corey, all with Brooks/Cole, include:

- › *Theory and Practice of Counseling and Psychotherapy*, Sixth Edition (and *Manual*) (2001)
- › *Case Approach to Counseling and Psychotherapy*, Fifth Edition (2001)
- › *The Art of Integrative Counseling* (2001)
- › *Theory and Practice of Group Counseling*, Fifth Edition (and *Manual*) (2000)

Jerry is coauthor, with his daughters Cindy Corey and Heidi Jo Corey, of an orientation-to-college book entitled *Living and Learning* (1997), published by Wadsworth. He is also coauthor (with Barbara Herlihy) of *Boundary Issues in Counseling: Multiple Roles and Responsibilities* (1997) and *ACA Ethical Standards Casebook*, Fifth Edition (1996), both published by the American Counseling Association.

He has also made three videos on various aspects of counseling practice: (1) *Student Video and Workbook for the Art of Integrative Counseling* (2001, with Robert Haynes); (2) *The Evolution of a Group: Student Video and Workbook*

(2000, with Marianne Schneider Corey and Robert Haynes); and (3) *Ethics in Action: Student Video and Workbook* (1998, with Marianne Schneider Corey and Robert Haynes). All of these student videos and workbooks are available through Brooks/Cole.



**MARIANNE SCHNEIDER COREY** is a licensed marriage and family therapist in California and is a National Certified Counselor. She received her master's degree in marriage, family, and child counseling from Chapman College. She is a Fellow of the Association for Specialists in Group Work and a clinical member

of the American Association for Marriage and Family Therapy. She also holds memberships in the California Association of Marriage and Family Therapists, the American Counseling Association, the Association for Spiritual, Ethical, and Religious Values in Counseling, the Association for Counselor Education and Supervision (both national and regional), the Western Psychological Association, and the Association for Specialists in Group Work.

Marianne has been actively involved in leading groups for different populations, providing training and supervision workshops in group process, facilitating self-exploration groups for graduate students in counseling, and cofacilitating training groups for group counselors and weeklong residential workshops in personal growth. She sees groups as the most effective format in which to work with clients and finds it the most rewarding for her personally. With her husband, Jerry, Marianne has conducted training workshops, continuing-education seminars, and personal-growth groups in Germany, Ireland, Belgium, Mexico, and China, as well as regularly doing these workshops in the United States. In her free time Marianne enjoys traveling, reading, visiting with friends, and hiking.

Marianne and Jerry have been married since 1964. They have two adult daughters, Heidi and Cindy. Marianne grew up in Germany and has kept in close contact with her family there.

Coauthored books by Marianne Schneider Corey and Jerry Corey include:

- › *Groups: Process and Practice*, Sixth Edition (2002)
- › *Becoming a Helper*, Third Edition (1998)
- › *Issues and Ethics in the Helping Professions*, Fifth Edition (1998, with Patrick Callanan)
- › *Group Techniques*, Second Edition (1992, with Patrick Callanan and J. Michael Russell)

---

# Preface

*I Never Knew I Had a Choice* is intended for college students of any age and for all others who wish to expand their self-awareness and explore the choices available to them in significant areas of their lives. It is also used by counselors in private practice settings and in public and private mental health organizations for workshops and groups. The topics discussed include choosing a personal style of learning; reviewing childhood and adolescence and the effects of these experiences on current behavior and choices; meeting the challenges of adulthood and autonomy; maintaining a healthy body and wellness; managing stress; appreciating the significance of love, intimate relationships, gender roles and sexuality; work and recreation; dealing creatively with loneliness and solitude; understanding and accepting death and loss; choosing one's values and meaning in life; and pathways to growth.

This is a personal book because we encourage readers to examine the choices they have made and how these choices affect their present level of satisfaction. It is also a personal book in another sense, inasmuch as we describe our own concerns, struggles, decisions, and values with regard to many of the issues we raise. Each chapter begins with a self-inventory (Where Am I Now?) that gives readers the opportunity to focus on their present beliefs and attitudes. Within the chapters, Take Time to Reflect exercises offer an opportunity to pause and reflect on the issues raised. Additional activities and exercises (Where Can I Go From Here?) are suggested at the end of each chapter for use in the classroom or outside of class. We wish to stress that this is an unfinished book; readers are encouraged to become coauthors by writing about their personal reactions in the book and in their journals.

Although the themes underlying the book are basically the same, whenever possible we have updated material to reflect current thinking. The introductory chapter continues to emphasize the importance of self-exploration and invites students to consider the values and excitement, as well as the commitment and work, involved in learning about oneself, others, and personal growth. Social concerns must balance self-interests, however, and although we still emphasize self-actualization, we also maintain that self-fulfillment can occur only if individuals have a sense of social consciousness. To improve the book and to keep current with developments in the field, we have added new topics, expanded and revised current topics, curtailed discussion of certain topics, and updated the references.

In Chapter 1 we have added a detailed description of Maya Angelou, a well-known writer and poet, as an example of a self-actualizing person. New also is a discussion of the concept of emotional intelligence and its implications for learning styles. We have also expanded the discussion of active learning and creating personal goals for college, and streamlined the discussion of how to get the most from this book and the course.

We made some major alterations in Chapter 2 in the treatment of development during childhood and adolescence. We dropped the Freudian perspective of development, retained Erikson's psychosocial model, and added the self-in-context theories as they deal with development throughout the life span. There is a new section on pubescence and an updated section on adolescence, with a greater emphasis on connections with others and interdependence.

In Chapter 3 we continue the discussion of the life-span perspective by focusing on the psychosocial theory and the self-in-context perspective. Our treatment of autonomy has been broadened to include self-in-relation and self-in-context. The stages of adulthood have been revised to reflect individual variation at each of these stages, and there is new material on emerging adulthood, late middle age, and the aging process.

Chapter 4 has been streamlined to focus on body image and wellness. We have updated the coverage on wellness and life choices and made some minor changes in the section dealing with bodily identity. There is new material on maintaining sound health practices, spirituality as a key factor in health and wellness, a holistic approach to health, and diet and developing sensible eating habits.

Chapter 5 examines the impact of stress on the body, causes of stress, destructive and constructive reactions to stress, and stress and the healthy personality. This chapter now contains expanded discussions of meditation, yoga, mindfulness, deep relaxation, massage therapy, time management, and money management.

Chapter 6 deals with the many facets of love and the meaning of love, and Chapter 7 contains guidelines for meaningful interpersonal relationships, including friendships, couple relationships (including gay and lesbian relationships), and family relationships. There is a new section on recognizing and dealing effectively with anger and conflict in relationships and a discussion of the role of forgiveness in relationships.

Although the organization of topics in Chapter 8 is much the same as in the previous edition, there has been considerable updating. This chapter continues with a developmental theme but focuses on how life experiences influence beliefs about gender identity. There is new material on current trends in the psychology of women and men, gender role strain, and life cycle roles.

Chapter 9 contains an updated section on the HIV/AIDS crisis and its effects on sexual behavior along with practical guidelines to reduce the risks of infection. There is an expanded section on sexual abuse and harassment, and incest, date and acquaintance rape, and sexual harassment on the campus and in the workplace are also discussed.



Chapter 10 benefits from some of the newer sources on the role of work and recreation in our lives and contains updated discussion of key topics.

Chapter 11 discusses the creative dimensions of solitude, with a revised and expanded section on shyness. There is also new material on loneliness.

Chapter 12 deals with fears of death, the interdependence of life and death, the importance of grieving, and suicide. The expanded discussion of suicide includes more of the myths and misconceptions surrounding suicide along with coverage on physician-assisted suicide. The information on hospice, grief work, and the stages of dying has also been updated.

The meaning of life is the central subject of Chapter 13, and the section on diversity has been expanded.

Chapter 14, which is new to this edition, encourages students to think about where they will choose to go from here. Readers are reminded that their journey toward personal growth is only beginning. This chapter offers a variety of avenues for growth that readers may wish to pursue now and in the future. Included in this chapter are new discussions of counseling as a pathway to growth and understanding the meaning of one's dreams.

Fundamentally, our approach in *I Never Knew I Had a Choice* is humanistic and personal; that is, we stress the healthy and effective personality and the common struggles most of us experience in becoming autonomous. We especially emphasize accepting personal responsibility for the choices we make and consciously deciding whether and how we want to change our lives.

Although our own approach can be broadly characterized as humanistic and existential, our aim has been to challenge readers to recognize and assess their own choices, beliefs, and values rather than to convert them to a particular point of view. Our basic premise is that a commitment to self-exploration can create new potentials for choice. Many of the college students and counseling clients with whom we work are relatively well-functioning people who desire more from life and who want to recognize and remove blocks to their personal creativity and freedom. Most of them are looking for a practical course, one that deals with real issues in everyday living and that will provide an impetus for their own personal growth. It is for people like these that we have written this book.

The experiences of those who have read and used the earlier editions of *I Never Knew I Had a Choice* reveal that the themes explored have application to a diversity of ages and backgrounds. Readers who have taken the time to write us about their reactions say that the book encouraged them to take an honest look at their lives and challenge themselves to make certain changes. Many readers who have used this book for a college course have told us that they have shared it with friends and relatives.

*I Never Knew I Had a Choice* was developed for a variety of self-exploration courses, including Introduction to Counseling, Therapeutic Group, Psychology of Personal Growth, Personal Development, Personal Growth and Development, Personality and Adjustment, Introduction to Human Behavior, Life Processes, Personal and Interpersonal Effectiveness, Character and Conflict, Values of the



Helping Professions, Human Potential Seminar, Psychology of Personal Well-Being and Adjustment, and Applied Psychology. *Choice* has also been adopted in courses ranging from the psychology of personal growth on the undergraduate level to graduate courses for training teachers and counselors. It is also used in group counseling courses as a catalyst for small group interaction and for workshops in training group leaders. Courses that make use of an interactive approach will find *Choice* a useful tool for discussion.

We have written this book to facilitate interaction—between student and instructor, among the students within a class, between students and significant people in their lives, between the reader and us as authors—but most important of all, our aim is to provide the reader with an avenue for reflection. This is not a book that can be read passively; it is designed to provoke thoughtful reflection. Readers are encouraged to look at the direction of their lives to see if they like where they are heading. Our experience has been that active, open, and personal participation in these courses can lead to expanded self-awareness and greater autonomy in living.

An updated and expanded *Instructor's Resource Manual* accompanies this textbook. It includes about 40 test items, both multiple-choice and essay, for each chapter; a student study guide covering all chapters; suggested reading; questions for thought and discussion; numerous activities and exercises for classroom participation; guidelines for using the book and teaching the course; examples of various formats of personal-growth classes; guidelines for maximizing personal learning and for reviewing and integrating the course; transparency masters; additional Web sites and InfoTrac suggestions; and a student evaluation instrument to assess the impact of the course on readers.

## Acknowledgments

We would like to express our deep appreciation for the insightful suggestions given to us by friends, associates, reviewers, students, and readers. The following people, many of whom had used *I Never Knew I Had a Choice* in earlier editions, reviewed the entire manuscript and provided useful suggestions that were incorporated into this edition: Eva Glahn-Atkinson of Brescia University, Owensboro, Kentucky; Howard Ingle of Salt Lake Community College, Utah; John Johnson of Pennsylvania State University, DuBois, Pennsylvania; Patrick Johnson of Montana State University, Bozeman, Montana; Richard Kandus of Mt. San Jacinto College, San Jacinto, California; Zelda Powell-Spalding of Jefferson Community College, Louisville, Kentucky.

The following people reviewed selected chapters: Randy Alle-Corliss of California State University at Fullerton (Chapter 8); Carolyn Zerbe Enns of Cornell College (Chapters 2, 3, and 8); Robert Lock of Jackson Community College (Chapter 10); Barbara McDowell of California State University at Fullerton (Chapter 8); Michael Moulton of Northwestern State University (Chapter 9); Phillip Rice of Minnesota State University, Moorhead, Minnesota (Chapters 4 and 5); and David Shepard, California State University at Fullerton (Chapter 8).

We appreciate our student reviewers from California State University at Fullerton who provided insightful comments and constructive suggestions: Jamie Bludworth, Patti Gantz, Mimi Lawson, and John Perry. Special thanks are extended to our students who contributed personal stories for this edition.

We want to recognize the following people who offered ideas for revision of this edition: Patrick Callanan, Cindy Corey, J. Michael Russell, and Veronika Tracy-Smith. We also appreciate the photographs and art suggestions contributed by Heidi Jo Corey.

Finally, as is true of all our books, *I Never Knew I Had a Choice* continues to develop as a result of a team effort, which includes the combined talents of a number of people. Special recognition is due to those individuals with whom we worked closely on the production of this book. These people include Julie Martinez, editor of counseling and human services, who works closely with us on all our projects; Tessa Avila, the production manager on the project; Cecile Joyner, the production editor; and Kay Mikel, the manuscript editor, whose insight and creative editorial skills kept this book reader-friendly. Recognition goes to those who worked on the appearance of this book: Lisa Delgado, the designer, and Judy Mason, the photo researcher. We are grateful to all of these people who continue to devote extra time and effort to ensure the quality of our books. Our thanks go to John Perry for his work on compiling a list of Web site links and InfoTrac key words that appear at the end of each chapter, and we appreciate Rosemary Matuz Kane's work in compiling the index.

*Gerald Corey*  
*Marianne Schneider Corey*

---

# Contents

## **CHAPTER 1** INVITATION TO PERSONAL LEARNING AND GROWTH 3

- Where Am I Now? 3
- Choice and Change 4
- A Model for Personal Growth 8
- Are You an Active Learner? 19
- Multiple Intelligences and Multiple Learning Styles 21
- Getting the Most From This Book: Suggestions for Personal Learning 28
- Summary 31
- Where Can I Go From Here? 32
- The Rogers Indicator of Multiple Intelligences 35
- Resources for Future Study 40

## **CHAPTER 2** REVIEWING YOUR CHILDHOOD AND ADOLESCENCE 43

- Where Am I Now? 43
- Stages of Personality Development: A Preview 44
- Infancy 50
- Early Childhood 53
- Impact of the First 6 Years of Life 57
- Middle Childhood 59
- Pubescence 65
- Adolescence 66
- Summary 69
- Where Can I Go From Here? 70
- Resources for Future Study 70

## **CHAPTER 3** ADULTHOOD AND AUTONOMY 73

- Where Am I Now? 73
- The Struggle Toward Autonomy and Interdependence 74
- Stages of Adulthood 90

Early Adulthood	91
Middle Adulthood	97
Late Middle Age	102
Late Adulthood	104
Summary	111
Where Can I Go From Here?	112
Resources for Future Study	113

## **CHAPTER 4 YOUR BODY AND WELLNESS 117**

Where Am I Now?	117
Wellness and Life Choices	119
Maintaining Sound Health Practices	126
Your Bodily Identity	135
Summary	146
Where Can I Go From Here?	147
Resources for Future Study	147

## **CHAPTER 5 MANAGING STRESS 151**

Where Am I Now?	151
Sources of Stress	153
Effects of Stress	156
Destructive Reactions to Stress	161
Constructive Responses to Stress	164
Time Management	168
Money Management	170
Meditation	171
Mindfulness	174
Deep Relaxation	175
Yoga	177
Therapeutic Massage	178
Summary	181
Where Can I Go From Here?	181
Resources for Future Study	183

## **CHAPTER 6 LOVE 187**

Where Am I Now?	187
Love Makes a Difference	189

Barriers to Loving and Being Loved	190
Is It Worth It to Love?	200
Learning to Love and Appreciate Ourselves	202
Inauthentic and Authentic Love	203
Summary	209
Where Can I Go From Here?	209
Resources for Future Study	210

## **CHAPTER 7 RELATIONSHIPS 213**

Where Am I Now?	213
Types of Intimacy	214
Meaningful Relationships: A Personal View	218
Anger and Conflict in Relationships	224
Dealing With Communication Blocks	230
Gay and Lesbian Relationships	235
Separation and Divorce	241
Summary	247
Where Can I Go From Here?	248
Resources for Future Study	250

## **CHAPTER 8 BECOMING THE WOMAN OR MAN YOU WANT TO BE 253**

Where Am I Now?	253
Male Roles	254
Female Roles	264
Alternatives to Rigid Gender-Role Expectations	275
Summary	278
Where Can I Go From Here?	279
Resources for Future Study	280

## **CHAPTER 9 SEXUALITY 283**

Where Am I Now?	283
Misconceptions About Sexuality	284
Developing Your Own Sexual Values	285
Learning to Talk Openly About Sexual Issues	288
Sex and Guilt	290
Learning to Enjoy Sensuality and Sexuality	293

Sex and Intimacy	296
AIDS: A Contemporary Crisis	299
Other Sexually Transmitted Diseases	307
Sexual Abuse and Harassment	309
Summary	317
Where Can I Go From Here?	319
Resources for Future Study	319

## **CHAPTER 10** WORK AND RECREATION 323

Where Am I Now?	323
Your College Education as Your Work	325
Choosing an Occupation or Career	328
The Process of Deciding on a Career	338
Choices at Work	342
Changing Careers in Midlife	346
Retirement	347
The Place of Work and Recreation in Your Life	350
Summary	355
Where Can I Go From Here?	356
Resources for Future Study	359

## **CHAPTER 11** LONELINESS AND SOLITUDE 363

Where Am I Now?	363
The Value of Loneliness and Solitude	364
Learning to Confront the Fear of Loneliness	366
Creating Our Own Loneliness Through Shyness	369
Loneliness and Our Life Stages	373
Summary	384
Where Can I Go From Here?	385
Resources for Future Study	386

## **CHAPTER 12** DEATH AND LOSS 389

Where Am I Now?	389
Our Fears of Death	391
Death and the Meaning of Life	393
Suicide: Ultimate Choice or Ultimate Cop-Out?	397
Freedom in Dying	400

The Stages of Death and Loss	403
Grieving Over Death, Separation, and Other Losses	409
Being “Dead” Psychologically and Socially	413
How Well Are You Living Life?	418
Summary	418
Where Can I Go From Here?	419
Resources for Future Study	420

## **CHAPTER 13 MEANING AND VALUES** 423

Where Am I Now?	423
Our Quest for Identity	424
Our Search for Meaning and Purpose	427
The Foundations of Meaning	429
Our Values in Action	435
Embracing Diversity	438
The Quick Discrimination Index	442
Summary	445
Where Can I Go From Here?	445
Resources for Future Study	448

## **CHAPTER 14 PATHWAYS TO PERSONAL GROWTH** 451

Where Am I Now?	451
Pathways for Continued Self-Exploration	452
Counseling as a Path to Self-Understanding	454
Dreams as a Path to Self-Understanding	456
Concluding Comments	460
Where Can I Go From Here?	461
Resources for Future Study	462

*References and Suggested Readings* 464

*Index* 471

*Photo Credits* 476



Seventh Edition

# **I Never Knew I Had a Choice**

Explorations in Personal Growth

- › Where Am I Now?
- › Choice and Change
- › A Model for Personal Growth
- › Are You an Active Learner?
- › Multiple Intelligences and Multiple Learning Styles
- › Getting the Most From This Book: Suggestions for Personal Learning
- › Summary
- › Where Can I Go From Here?
- › Resources for Future Study

---

The unexamined life is  
not worth living—*Socrates*

