Integrating Agency and Communion: One Kind of Age and Wisdom

People engage life in many different ways. Some are driven to succeed in business, some are driven to create and maintain a family, while some strive to be of benefit to others in anyway they can. Categorizing motivations that guide behavior is a long studied area of research, but far from complete. In this study motivations for behavior that are correlated with the most positive outcomes are explored, such as high reports of self-esteem, well being, and identity development. We predict that integrating motivations centered on personal gain, with motivations for intimacy and interconnectedness with others will represent the healthiest ways to engage life. To test this, participants were asked to write about an experience they had in the past month that represented some-