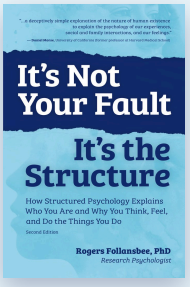


PRESS SHEET

Rogers Follansbee, PhD

Research psychologist and author of *It's Not Your Fault; It's the Structure*



About Rogers

Rogers Follansbee, PhD, is a research psychologist and the creator of Structured Psychology, a theory of human behavior he first defended as his doctoral dissertation at the Universidad de Navarra in 1974. He has spent the fifty years since testing it.

Its central claim is that human behavior follows a logical structure built on three requirements every living thing shares: relational activity, confirmation, and continuance. He divides his time between northern Spain and southern California, and he gives interviews in English and Spanish.

The book

Rogers argues that human behavior is a logical system to be understood rather than a disorder to be diagnosed. In nine chapters he shows readers why contradictions knock us off balance, what we do to restore that balance, and why our self-image is only partly under our control.

> *"…a deceptively simple explanation of the nature of human existence to explain the psychology of our experiences, social and family interactions, and our feelings."*

Daniel Morse, University of California (former professor at Harvard Medical School)

Questions to ask him

1. In one sentence, what is Structured Psychology?
2. Your title is *It's Not Your Fault.* Does that mean nobody is responsible for anything?
3. Why does being told we're wrong feel so threatening?
4. Can a person change? If not, what can they change?
5. What would you like a listener to notice about themselves tomorrow?

Interview topics

1. Why we do the things we swore we wouldn't
2. What projection is
3. "It's not your fault" without blaming anyone else
4. Why friendships end and families fight
5. Your surroundings shape your mood
6. Why we're tribal
7. Anxiety, fear, and the need to continue
8. A theory from 1974

Book details

Title	*It's Not Your Fault; It's the Structure*
Edition	Second Edition, 2026
Paperback	ISBN 979-8-9905806-5-7 · $19.99
Pages	250
Publisher	Axes Avery Publishing
Written with	Leah Donell
Buy	learn.structuredpsychology.com

Past appearances

- The Chris Voss Show
- Change Made Easy
- Famous Interviews
- Authority Magazine
- Inner Voice with Dr. Foojan