



Self-verification standards of the identity

internal view of one's role matches the social expectations of that role

actions are goal-oriented

Mismatches negative matches positive

INTERNAL MECHANISMS

- **Self-verification** occurs when self-relevant meanings match the **standards of the identity**.
- In other words, when one's internal view of one's role matches the social expectations of that role.
- In this framework, actions are goal-oriented, as individuals tailor behavior to match identity standards.
- Mismatches produce negative emotions, while matches produce positive ones.

