

GNERD-08

UNDERSTANDING THE SELF

CHAPTER 4 PSYCHOLOGICAL

PERSPECTIVE OF THE SELF



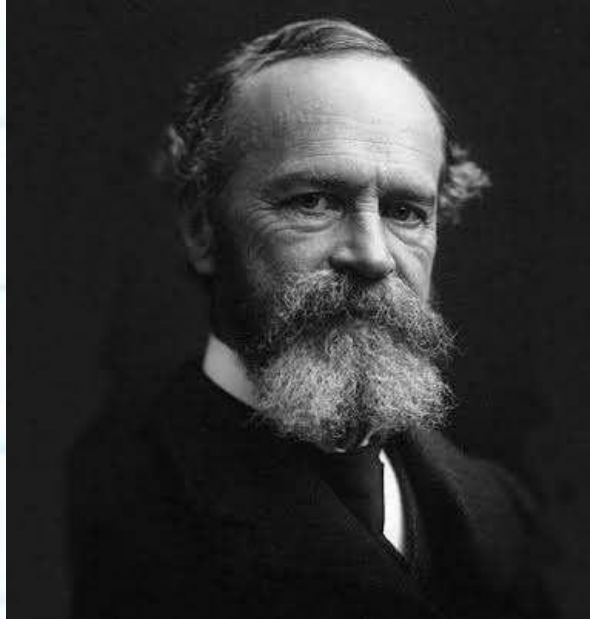
by: Group 3

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PSYCHOLOGY

Psychology has various ways of understanding a person and the therapist way of helping people understand themselves. Self by definition is a reference by an individual to the same individual. The earliest formulation of the self in person. modern psychology forms the distinction between the self as I, the person knower, and the self as Me, the person that is known.





WILLIAM JAMES

William James, a psychologist, has introduced in his document *The Principles of Psychology* (1890) a numerous concepts and distinction of self. For James, his main concepts of self are the “me-self” and the “I-self”.

The “me-self” is the phenomenal self, the experienced self or the self as known. It is the self that has experience the phenomena and who had known the situation. The “I-self” is the self-thought or the self-knower.



James



Understanding of Self

Three categories:

1. It's constituents
2. The feeling and emotions they arouse – Self-feelings
3. The actions to which they prompt – Self-seeking and self-preservation

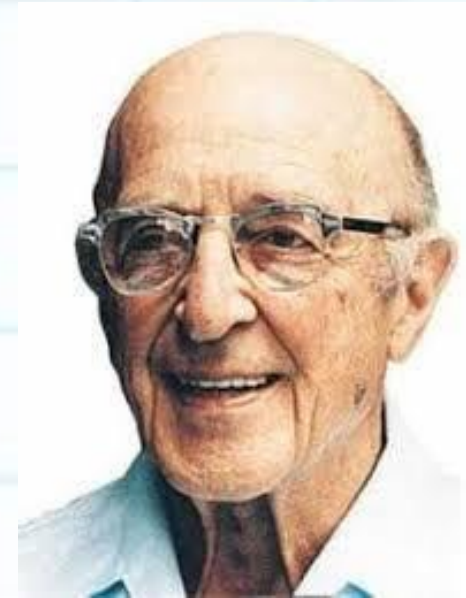
Sub-categories of self:

1. **Material self** - is constituted by our bodies, clothes, immediate family and home.
2. **Social self** - is based on our interactions with society and the reaction of people towards us
3. **Spiritual self** - It is the most intimate because it is more satisfying for the person that they have the ability to argue and discriminate one's moral sensibility, conscience and indomitable will.

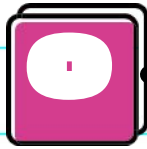


One of the founders of humanistic psychology.

His conception of self through the intervention he used for his client, the Person-centered therapy. It is a non-directive intervention because it believes that all people have the potential to solve their own problems

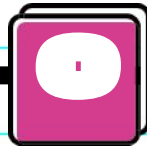


CONCEPT OF SELF



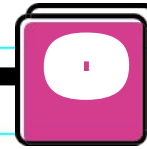
The Perceived Self

How an individual sees themselves and believes others perceive them, influencing their sense of self-worth and social interactions.



The Real Self

The actual attributes, traits, and behaviors that an individual possesses, reflecting their true identity and experiences.



The Ideal Self

The desired version of oneself that an individual aspires to be, shaped by personal goals, values, and societal expectations.



CONCEPT OF UNIFIED AND MULTIPLE SELF

UNIFIED SELF

A single, consistent identity that remains stable across different situations and contexts.

Example:

Someone who behaves similarly at work and at home, showing a consistent set of values and traits.

MULTIPLE SELF

The presence of multiple, sometimes conflicting, identities that vary depending on social roles or environments.

Example:

An individual who behaves differently with family compared to how they behave with colleagues, adapting their personality to fit different social contexts.



TRUE SELF AND FAKE SELF

TRUE SELF

Genuine, authentic identity reflecting inner thoughts, feelings, and values.

Example:

Embracing unique traits and beliefs openly, without fear of judgment.

FAKE SELF

Artificial persona presented to conform or gain acceptance, often hiding true identity.

Example:

Pretending to have interests or opinions to fit in with a specific social group.

