

# INTRODUCTION

**Self-concept refers to the overall perception we have of ourselves our beliefs, values, personality traits, abilities, and roles in society. It is essentially how we define “who we are.” On the other hand**

**self-awareness is the conscious recognition of these aspects of ourselves, including our strengths, weaknesses, emotions, and behaviors.**



# **CARL ROGERS' THEORY**

# REAL VS. IDEAL SELF

## REAL SELF

The actual person you are, including your true thoughts, feelings, and behaviors.

## IDEAL SELF

The person you want or aspire to be.

## CONGRUENCE

A state when the Real Self and Ideal Self are similar or aligned.

## INCONGRUENCE

A state when the Real Self and Ideal Self are very different or mismatched.

# **UNCONDITIONAL POSITIVE REGARD FOR HEALTHY SELF- CONCEPT**

Accepting and valuing a person without conditions or judgment, no matter what they do or feel. It means giving love, care, and support freely.



# CORE IDEAS AND MODELS

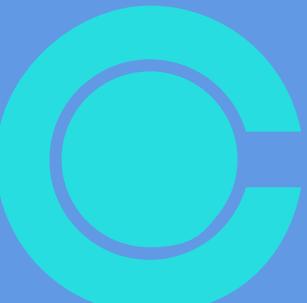
## **GLOBAL VS. DIFFERENTIATED SELF**

### **GLOBAL SELF**

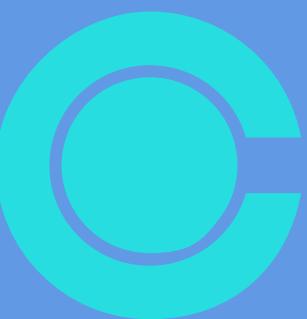
The Global Self sees identity as one big whole.

### **DIFFERENTIATED SELF**

The Differentiated Self sees identity through many roles (like being a student, sibling, employee, or friend).

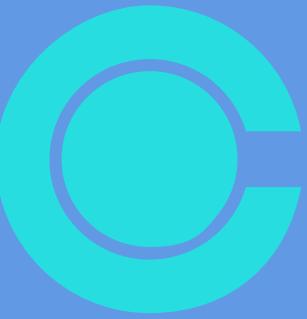


# Multiple vs. Unified Selves



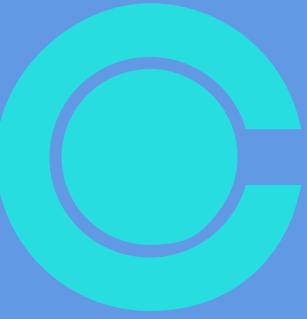
## Multiple Selves

Despite these changes, a person still has a stable core identity that ties everything together. It means you remain the same person deep down, even if you act differently in various roles.



## Unified Self

A person may show different sides of themselves depending on the situation. For example, someone can be serious and professional at work but funny and relaxed with friends.



# TRUE VS. FALSE SELVES

## TRUE

The True Self is our authentic self living honestly and according to our values.

## FALSE

The True Self is our authentic self living honestly and according to our values.

# Proactive/Agentic Self

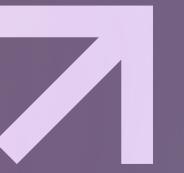
The proactive or agentic self means that a person actively makes choices, sets goals, and plans for the future instead of just reacting to situations. It shows responsibility and control over one's own growth—for example, a proactive student studies ahead to ensure success.



# SELF-AWARENESS PRACTICES

- Self-awareness is not automatic; it requires conscious effort and practice.  
Some helpful strategies include

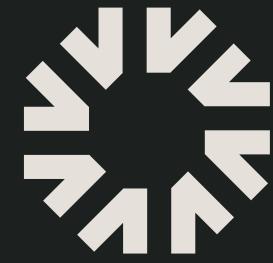




# Reflection

**Taking time to think  
deeply about experiences,  
behaviors, and feelings to  
gain insights about oneself.**

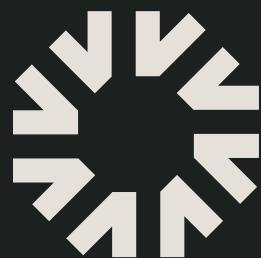




# JOURNALING



Writing about thoughts and emotions regularly to track growth, identify patterns, and clarify inner struggles.



# MINDFULNESS

**Practicing presence and non-judgmental awareness of one's thoughts and emotions to reduce stress and improve emotional regulation.**

**By applying these practices, individuals can better recognize the gaps between their real and ideal selves and create a clearer path toward personal growth and congruence.**



THANK YOU!!

