



Self

The diagram consists of two horizontal rectangular bars. The top bar is white with a dark blue vertical bar on its left side and the word 'Self' in a black serif font on its right side. The bottom bar is light blue with a darker blue vertical bar on its left side. Both bars are enclosed in thin black outlines.

The Self

- ▶ Oxford Dictionary:

“A person’s essential being that distinguishes them from others, especially considered as the object of introspection or reflexive action”

- ▶ Higgins (1999): Self is divided up into two parts:
 - ▶ **Ideal self** (what individuals would like to be)
 - ▶ **Ought self** (an understanding of what others want us to be)

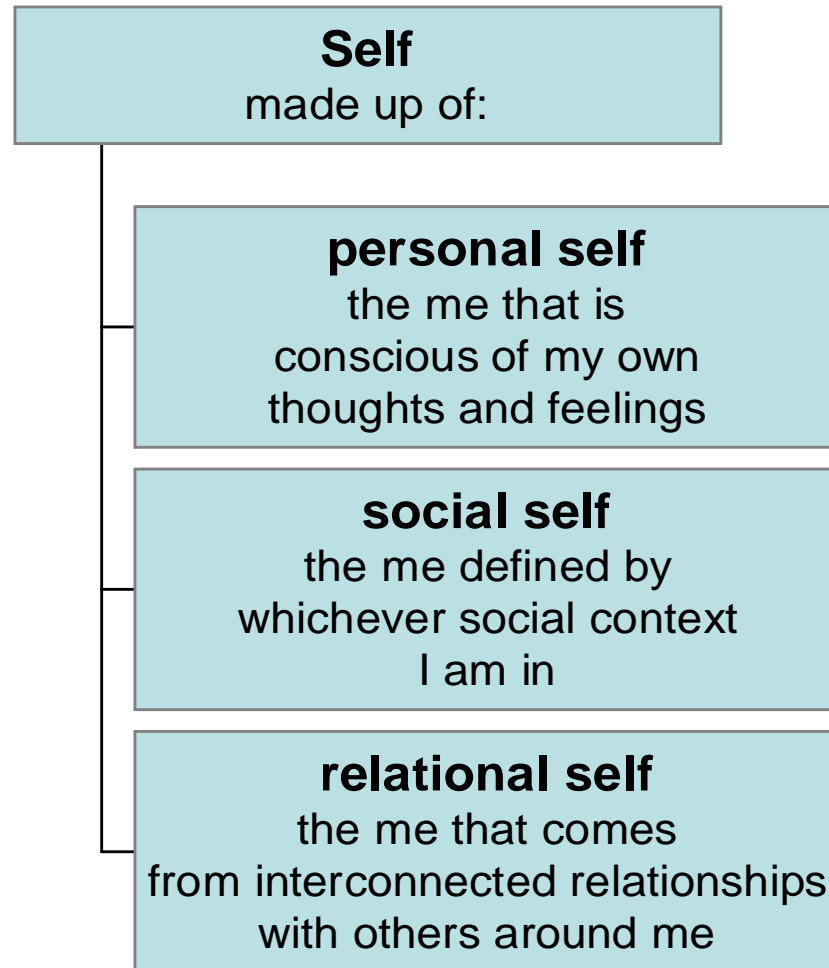


Gary Wolf: Quantified Self

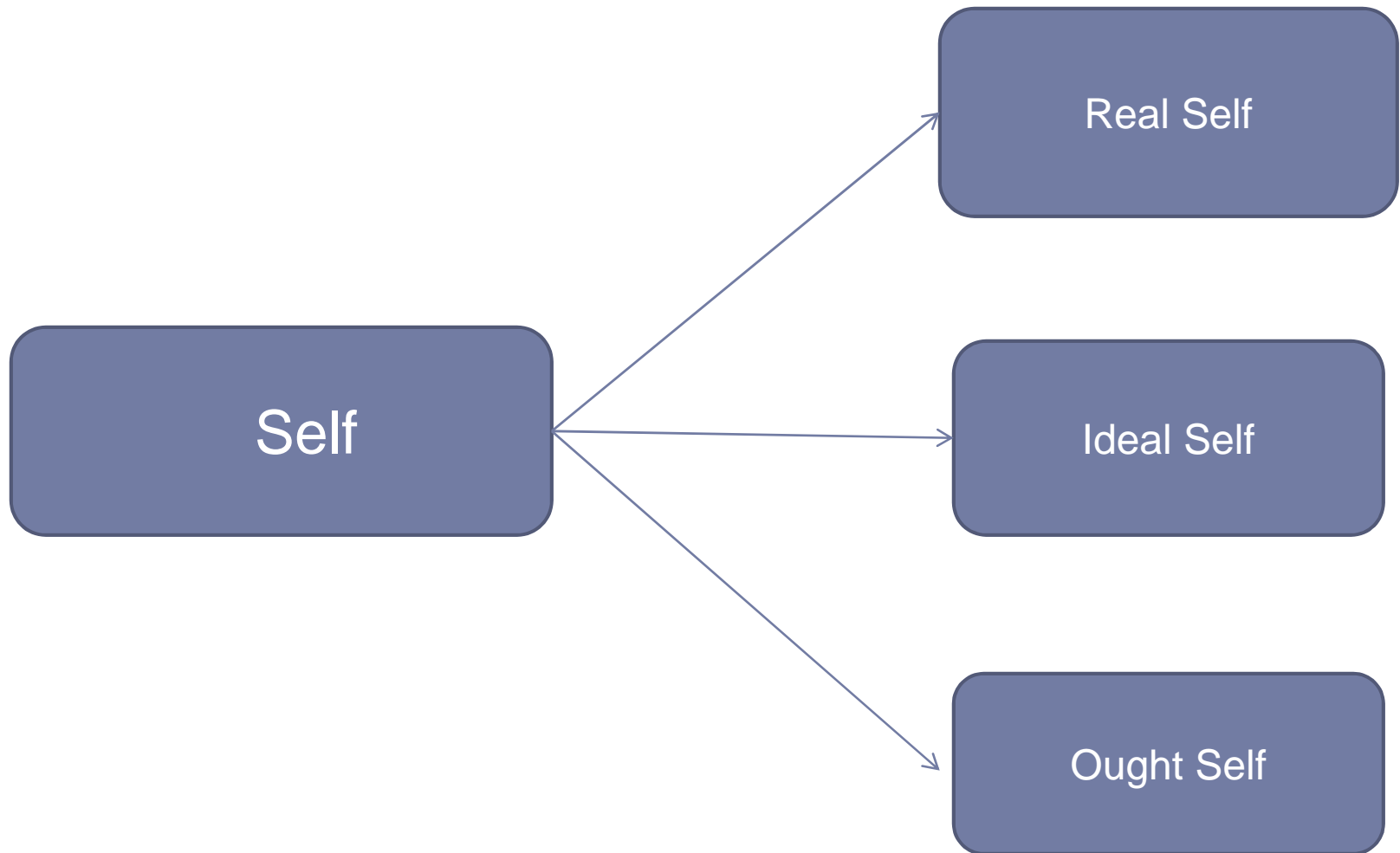
The self is just our operation center, our consciousness, our moral compass. So, if we want to act more effectively in the world, we have to get to know ourselves better.”



S. Rogers (2003): The Self



Self???



Why one should have “Self”?

▶ Functions of Self:

- ▶ It is an indicator of own identity and our individual worth
 - ▶ From being mechanistic to mindfulness
 - ▶ Influential in guiding behaviour
 - ▶ Corte (2003): Impoverished self vs. Substance abuse
 - ▶ Impoverished self vs. other form of immoral behaviour
- ▶ It is an interpersonal tool: Social Comparison
- ▶ Organizes feedback from others



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- ▶ Serve as a buffer against irrelevant feedback
 - ▶ Guide us to make choices and decision making
 - ▶ Guide our behaviour in crisis
 - ▶ It act as an Internal Observer



Development of Self

- ▶ Biological Self vs. Psychological Self
 - ▶ At the birth: Self as a tiny dot
 - ▶ Self as 'Social Product'
- ▶ The person's experience of "self" is important in the formation of personality.
- ▶ The "self" develops through our interaction with others
- ▶ Psychological theory: Self develop in reaction to three needs:



▶ **Alter-ego Needs:**

An individual's need to have involvement with other beings like themselves.

▶ **Idealizing Needs:**

An individual's need to feel attached to an emotionally stable caregiver/ peer/ friends etc. who can soothe and calm them.

▶ **Mirroring Needs:**

An individual's need to feel, understood and appreciated, that their feelings mean something.



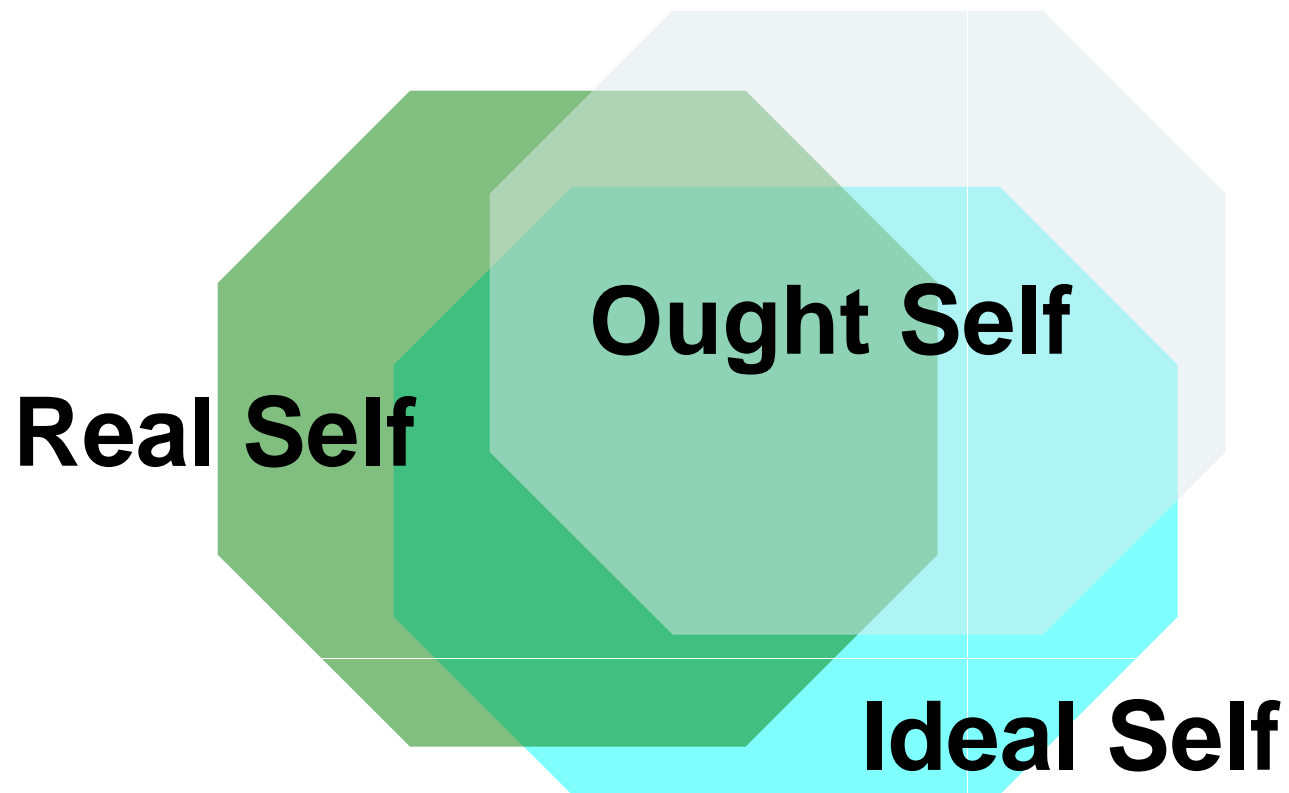
Self

- ▶ The most innate tendency of humans is a drive towards self-actualization
- ▶ The “self” develops through our interaction with others.
- ▶ Tools to develop self
 - ▶ Positive regard: For self and others
 - ▶ Conditional vs. Unconditional positive regard



Congruence vs. incongruence

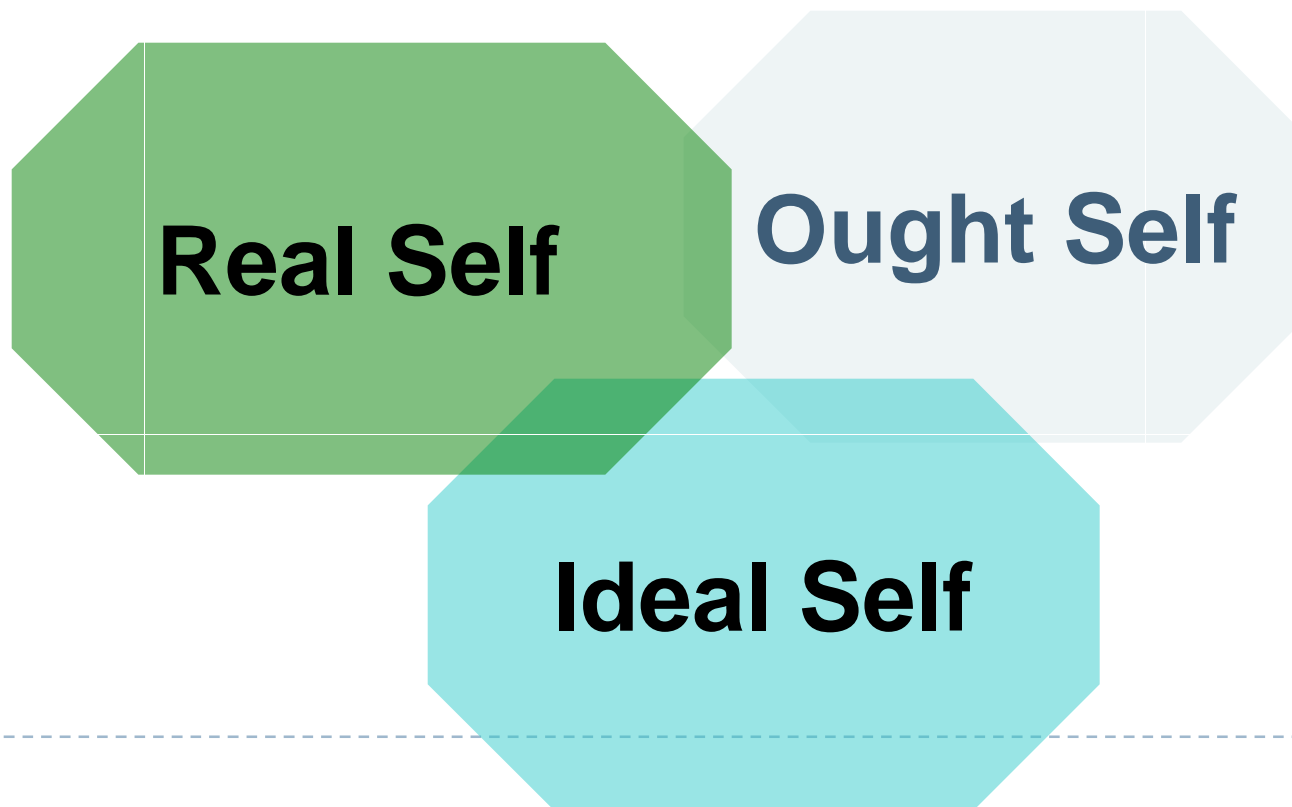
- ▶ Congruence: Proper overlap among real, ideal and ought self



- ▶ We will grow up congruent if we are accepted, prized and loved for what we are (unconditional positive regard).

Incongruence

- ▶ When the way we actually are and our ought self, our ideal self, are different the person experiences confusion, tension and maladaptive behavior (incongruence).



Congruence

Open, authentic, communication in which the way I present myself to the world matches what I think and feel at a deeper level.

Rogers writes, "I have found, in my relations with persons, that in the long run it does not help to pretend to be something I am not."

