

AI-01490 Self-Referential

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Explain the concept of self-referential in Psychology . List 22 examples.

In psychology, self-referential processing refers to the way individuals relate information to themselves. This process is crucial for self-awareness, personal identity, and memory. When information is self-referential, it becomes more memorable and meaningful because it is connected to one's own experiences and self-concept.

Here are 22 examples of self-referential concepts in psychology:

1. **Self-schema:** Cognitive structures that help individuals organize and interpret information about themselves.
2. **Self-concept:** The overall perception and understanding of oneself.
3. **Self-esteem:** The evaluation of one's own worth.
4. **Autobiographical Memory:** Memories related to one's own life events.
5. **Self-fulfilling Prophecy:** When one's expectations about themselves lead to actions that cause those expectations to come true.
6. **Self-reference Effect:** The tendency to remember information better when it is related to oneself.
7. **Ego-syntonic:** Thoughts and behaviors that are consistent with one's self-concept.
8. **Ego-dystonic:** Thoughts and behaviors that are inconsistent with one's self-concept.
9. **Narrative Identity:** The internalized and evolving story of oneself.
10. **Self-perception Theory:** The idea that people develop attitudes by observing their own behavior.

11. **Spotlight Effect:** Overestimating how much others notice and evaluate one's appearance and behavior.
12. **Self-serving Bias:** The tendency to attribute positive events to oneself and negative events to external factors.
13. **Rosenberg Self-Esteem Scale:** A widely used self-report instrument for evaluating individual self-esteem.
14. **Mirror Neurons:** Neurons that fire both when performing an action and when observing someone else perform the same action, related to self-other processing.
15. **Implicit Association Test (IAT):** Measures automatic associations, including those related to self.
16. **Self-regulation:** The ability to control one's emotions, thoughts, and behaviors.
17. **Self-efficacy:** Belief in one's own ability to succeed in specific situations.
18. **Cognitive Dissonance:** Discomfort experienced when holding conflicting thoughts, often leading to changes in self-perception.
19. **Self-monitoring:** Adjusting one's behavior in response to social cues.
20. **Self-handicapping:** Creating obstacles to one's own success to protect self-esteem.
21. **Imaginary Audience:** Adolescents' belief that others are constantly watching and evaluating them.
22. **Personal Fable:** Adolescents' belief that their experiences and feelings are unique and not understood by others.

Self-referential processing plays a pivotal role in shaping how individuals perceive, remember, and interact with the world. It's fascinating how intertwined our sense of self is with our cognitive and emotional processes, isn't it?