

# AI-01033 Self-Picture

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☰ Tags	Psychology
🕒 Created time	@June 26, 2024 1:37 PM

**Explain Carl Rogers "self-picture" concept. How does it relates to growth of a person? List 3 examples.**

Carl Rogers' concept of "self-picture," also known as self-concept, refers to our internal image of ourselves, encompassing our beliefs, emotions, and experiences. It shapes how we perceive ourselves and interact with the world. This self-picture plays a crucial role in personal growth. Rogers believed that we strive for congruence, a state where our self-concept aligns with our actual experiences. When there's a discrepancy between the two (incongruence), it can lead to psychological distress.

Here are 3 examples:

- **Shyness:** A shy person might see themselves as awkward in social situations (self-picture). This can hinder their willingness to interact with others, limiting their growth in social settings (incongruence).
  - **Negative self-talk:** Someone with a negative self-picture might constantly criticize themselves, hindering their motivation and ability to learn new skills (incongruence).
  - **Fear of failure:** A person who fears failure might avoid challenging tasks to protect their self-image (self-picture). This can limit their growth and prevent them from reaching their full potential (incongruence).
- By working towards congruence, individuals can achieve a more positive and realistic self-concept, fostering their personal growth.

**Tell more**

Certainly! Carl Rogers' self-concept theory goes deeper than just a static image. It consists of three components:

- Self-image: This is how you see yourself, your perception of your strengths, weaknesses, and personality traits.
- Self-esteem: This reflects how much you value and appreciate yourself, your feelings of self-worth.
- Ideal self: This represents your aspirations, the person you wish to become. Rogers emphasized the importance of congruence between these three aspects. When your self-image aligns with your ideal self and you have positive self-esteem, you experience a state of psychological well-being. This congruence is necessary for self-actualization, which is Rogers' term for reaching your full potential.