



TOMAS CLAUDIO COLLEGES

BACHELOR OF SCIENCE IN
NURSING

GE-11 UNDERSTANDING THE
SELF

4:00 - 5:30

REPORTER



Iverson T. Paz

prayer

Dear Lord, Before our class starts today, Lord, we ask for your presence and guidance.

We trust that you will be with us during this time as we learn and dive into the material at hand.

Help us to see the value in what is being taught and focus on expanding our knowledge.

Bring clarity to our minds and let your truth saturate every area of our learning so that we grow not only academically but spiritually too.

Help each of us in this classroom to be a blessing to one another and find joy in the journey.

AMEN

Classroom Rules

Be Respectful

Be Attentive

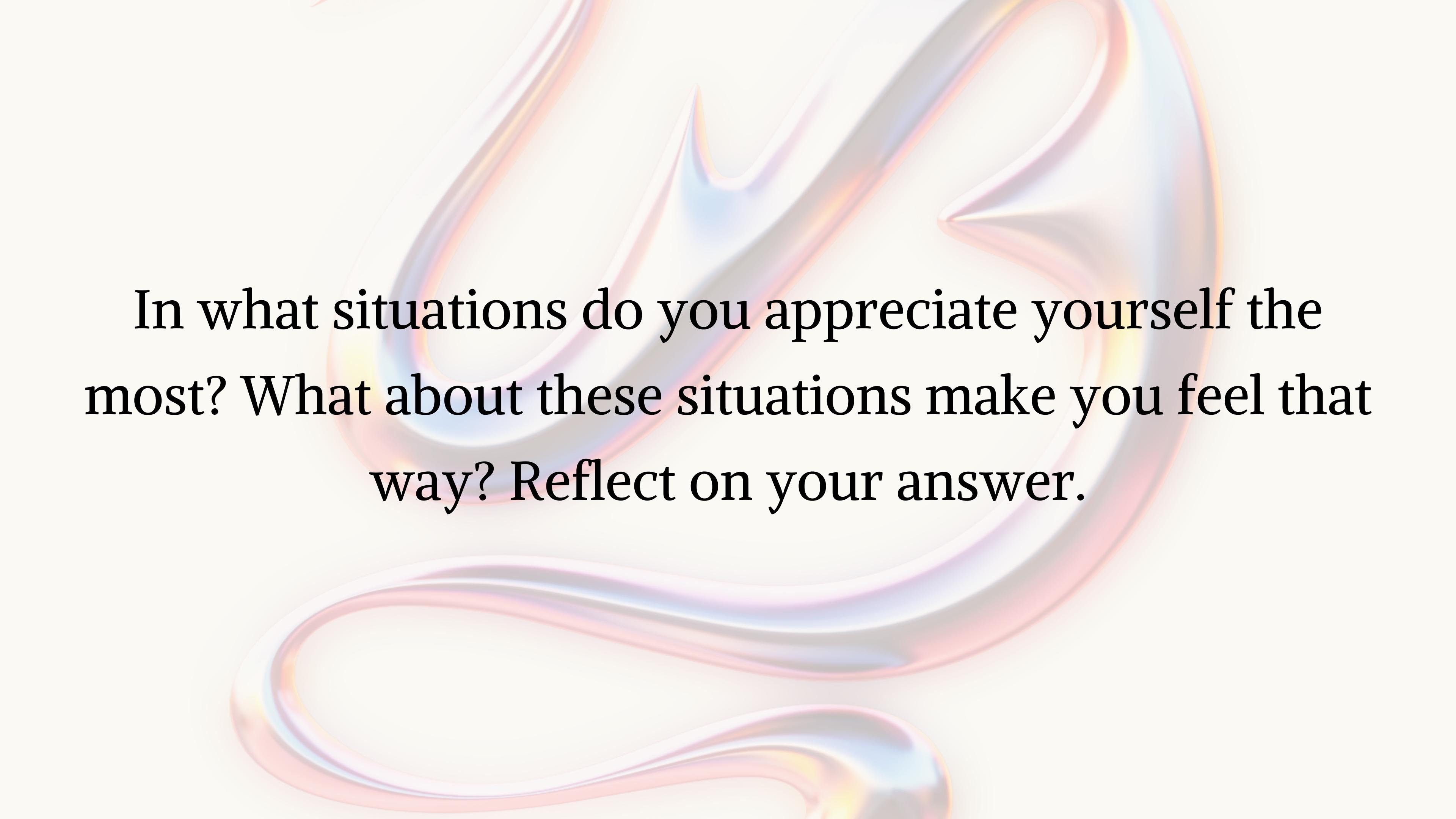
Be Participative

THE PSYCHOLOGICAL SELF

My Favorite Mystery

“Who in the world am I?’ Ah, that’s
the great puzzle!”

Alice in Wonderland



In what situations do you appreciate yourself the most? What about these situations make you feel that way? Reflect on your answer.

Learning Outcomes:

- A. Discuss the different representations and conceptualizations of self from a psychological perspective.

- B. Examine the different influences, factors, and forces that shape the psychological self.

- C. Compare and contrast how the self has been represented across the psychological perspective.

- D. Demonstrate critical and reflective thought in analyzing the development of one's self and identity by developing a theory of the self.

Students are expected to demonstrate the following at the end of this unit:

1. Demonstrate critical, analytical, and creative thinking.
2. Appreciate the complexity of the human condition.
3. Examine the contemporary world from both Philippine and global perspectives.
4. Take responsibility for knowing and being Filipino.
5. Reflect critically on shared concerns.



Introduction

We only have one physical body but sometimes it feels like we have more than one self, more than one self-concept that continues to change and at times conflicts with one another as we Go through the journey of life. One of the most challenging questions to answer in social gatherings or interviews is the question: Who are you?

If a picture, still and stagnant, paints a thousand words, what more a moving, living, complex, dynamic, breathing human being?

"Questioning who we are or engaging in self-reflection to figure out and understand why we behave in a certain way is normal" and is actually beneficial in increasing self-awareness.

"Possible selves are developed from past experiences, current behavior, and future expectations"



WILLIAM JAMES (I and Me Self)

William James in one of his most respected “The Principles of Psychology (1890)” was able to look into one's self in a way that combined his knowledge on “physiology, psychology, philosophy and personal reflection”

According to James there are two understandings or categories of the self:

1. ME SELF

MATERIAL SELF – Consists of the material belongings of a person such as body, family, clothes, money, etc.

SOCIAL SELF – Marks who we are in a specific social situation or the social roles we play.

SPIRITUAL SELF – Who we are at our core, including our personality, values, and conscience.

2. I SELF

DONALD WINNICOTT (True vs. False Selves)

Donald Winnicott, a psychoanalyst and child psychiatrist, looked into the impact of how we were raised as a child to our True and False Selves.

According to Winnicott (1965), "Only the True Self can be creative and only the True Self can feel real. Whereas a True Self feels real, the existence of a False Self results in a feeling of unreal or a sense of futility" "Each of us creates a false self to protect our true self when it feels frightening to be genuine in the world"

However, Winnicott (1965) asserted the importance "that a False Self needs to be balanced by a formulation of that which could properly be called the True Self"

The background features a large, luminous heart shape composed of several thick, flowing lines. These lines have a metallic or glass-like texture, reflecting a spectrum of colors including red, orange, yellow, green, blue, and purple. The heart is oriented vertically, with its widest point at the bottom and tapering towards the top. The lines are slightly curved and overlap each other to create a sense of depth and movement.

Thank You!