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SAS 1

THE VARIOUS COMPONENTS OF THE SELF



DEFINE AND DESIGN WORKSHEET



REFLECTION PAPER

2025

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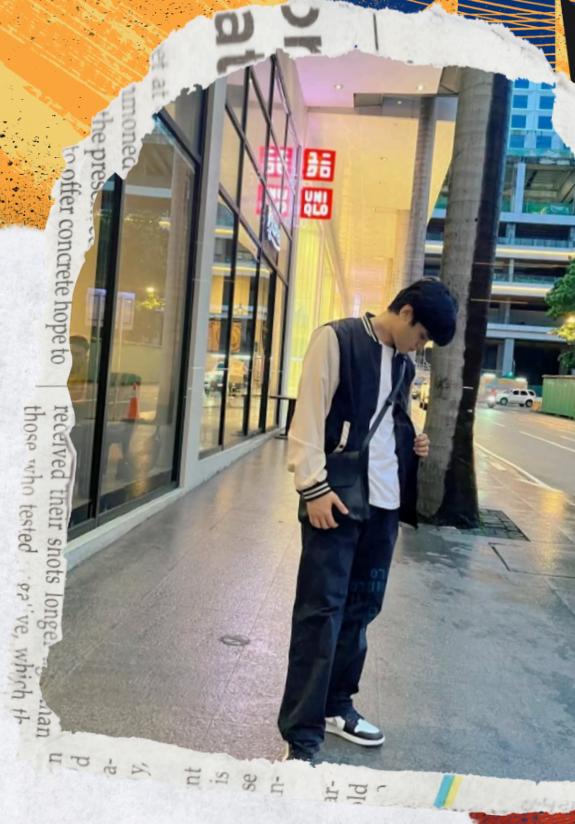
Self-identity is a topic that requires a lot of self-reflection; we need to learn to comprehend ourselves to determine our own identity. It has multiple factors that may impact it; some are innate, some are just dictated by society itself. It is a difficult topic to grasp; this is mainly the reason why we have our components of self-identity, to narrow things down and to truly understand ourselves within and not just on the surface level.

Our self-identity determines how we carry ourselves each day; it has multiple components that make up its entirety. The most important factor is "Self-concept." It is the umbrella term in these components, under it is the other facets that make up self-identity (McLeod, 2008). Self-concept is how we perceive ourselves on a deeper level; it helps us perceive ourselves not just on the outside but the inside as well. We have two parts in self-concept, our existential self and our categorical self (McLeod, 2023). According to Saul McLeod, the existential self is how we separate ourselves from others, while the latter is our categorization of ourselves, such as gender, age, and other things that are dictated to us by society. We can relate our self-concept to our "real-self" or our present self, free of the restraints set to us by other people. Hence, we bring up the concept of ideal vs real self. Based on the article by Courtney Ackerman named "What is Self-Concept Theory? A Psychologist explains", the ideal self and real self are our idealized self vs our present self with all of our present characteristics. The difference between these two need not be big; it can be close to one another. As stated in Carl Rogers' Humanistic Theory, if the difference between these two concepts is small, this dictates our self-appreciation and lack of distress. When the difference is bigger, it just goes to show that the person undergoes stress constantly trying to undermine themselves. This concept is called congruence between your actual self and your ideal self (Rogers n.d, cited in Cherry 2024). This has a direct relation to our "Self-esteem" or how we gauge one's ability (McLeod, 2023). It is our measurement of self-worth. We can relate congruence and self-esteem closely; when we have a small discrepancy between real-self and ideal-self, it is safe to say that this person has high self-esteem or confidence in his/her abilities.

For you to be confident in yourself, you need to look at yourself closely to who you want to be. Once you have reached every goal that you want about your abilities, skills, and other things, you have reached the level of Self-Actualization. It was believed by Rogers that our personality is driven by this very concept of Self-Actualization (Ackerman, 2018). Our hunger for attaining our fullest potential is a great human driving force that keeps us going every day. These things can be improved by firmly believing in oneself to boost one's morale. You can't rely on others to push yourself beyond your limits. There are various ways to do this, like self-talk and self-assessment. According to the YouTube video "Self Identity: Theory & Definition", we go through self-assessments based on the things that surround us. The video used Alice in Wonderland to compare reality; it was said there that we assess what we want relative to what society has to offer. In another world this thing that you like of you want to improve on might not be generally what you want because of external factors like societal norms. This is how we gain a true understanding of Self-Identity. Knowing oneself and relying on oneself to boost your morale may be necessary, hence the "self-talk" where we motivate ourselves to push on. This YouTube video is also in close relation to "Looking Glass self vs Generalized Others." In Generalized others, we view ourselves relative to society or dictated societal norms. It is interesting to think about how different our goals would be when it comes to ourselves when we are in the world of Alice in Wonderland. Will we have the same aesthetics? Will we have the same standards? Will you still perceive yourself in a low or high manner? On the other hand, the "Looking Glass self" can be related to the video "Identity SHORT FILM (Award Winning Inspirational Short)" where society is the one dictating how we view ourselves, and as a result, this is how we think we are in reality. Self-image is a similar concept that is closely related to this; sometimes we dictate our physical appearance or even just the way we think of ourselves, due to societal norms. Similar to the video, the wearing of masks seems to be the societal norm; as a result, you deem yourself as the odd one out. This makes it difficult for you to try and even open up to others. Self-disclosure is one of the most focal steps to establishing a connection with others. If you already deem yourself odd, then trying to connect will just be a nightmare for you. It is amazing to think about how all of the different components of self-identity connect. It is interesting to think that all of these concepts are present just to describe YOU.



Among the videos, I highly resonate with “How to Know Yourself.” I am fortunate to have a loving family that helps me go through the day's challenges of being a UP student. This is why I highly relate to this video, because in my opinion, I would have become a different person if I were to come from a different family. My traits, my overall confidence, and my being an extrovert are only some of the things that make me myself. If I didn't have a good guiding pillar, all of these things would have turned out differently. In my opinion, all my emotional traits are due to my good upbringing. Reflecting back, I had good parents who helped me separate good from bad. I am grateful to have them in my life, so it is my whole life's goal to give back. I won't be the “achiever” that I am right now without the support of the people around me. I am thankful for this blessing from God.



In conclusion, self-identity has multiple components that dictate how a person is in their everyday life. It is interesting to think about how these multiple concepts are being studied just to determine YOUR traits and TRUE identity. It is not a simple thing to think about, hence it is separated into components to better understand its entirety. I used the different concepts to deepen my understanding of myself as well, and I notice in my journey towards self-actualization, I wouldn't have this drive and motivation that I have without the people who accompany me along the way. I am grateful, and I hope for continued growth and success in the future until I eventually reach my goals.

ADJECTIVE: *versatile*

Scale yourself

Your Self
Rating:

- * fashion sense 8
- * "face" value 6
- * personal money 6
- * own material possessions 8
- * family name 10
- * achievements and awards 9
- * coping with challenges 8
- * study habits 10
- * school where are presently studying 9
- * faith in God 10
- * service and kindness to others 8
- * being a romantic lover 10

MESSAGE TO SELF

I would like to appear to people as someone full of life, someone who can be the cause of happiness and inspiration to others. I also want to appear as a person who is confident in himself, someone who does not doubt any of his abilities, a pillar that people can depend on. I want to possess these qualities because these qualities are hard to find; they can only be those who lead and stand out. I wanna be someone who leaves a mark, hence I wanna be seen this way.

RATE YOURSELF

A MOVIE STAR OR ATHLETE OR MUSICIAN: STEPHEN CURRY: 9

PRESIDENT OF A COUNTRY: PRESIDENT TRUDEAU: 7

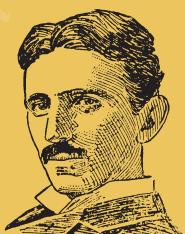
A PHILOSOPHER: IMMANUEL KANT: 8

A SCIENTIST (CAN BE A DOCTOR, TEACHER, RESEARCHER, ETC.) NIKOLA TESLA : 3

VEHICLE: FERRARI: 7

WORKER OR CAREER PERSON: MY SISTER, MARJORIE PUA: 10

A MENTAL DISORDER OR A PHYSICAL DISEASE: ADHD: 9



LOOKING
THROUGH
DIFFERENT LENSES

mother:
talented

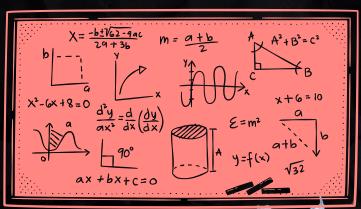
friend
dependable

BLOCKMATE
approachable

teacher that hate
me:
ANNOYING



hs friends
joyful



"Even though you often don't have confidence in your abilities, look around you, many people look up to you. You are capable, and I hope you always remember that!"

conversation
with self

SECRETS TO SHARE

I'm a simple guy, I just want to be successful enough to provide my family with the lives that they deserve.

PROCEDURES
TO FIND TRAITS

Nothing comes to mind as I am a very open person, I am an open book, so I rarely keep secrets from others. But if I were to give one, it would probably be that I'm desperate to find my significant other.

BIGGEST DREAM

I discovered my talents by simply going out there. What I mean by that is simply performing, then you will discover some abilities that you didn't even know you had.

Explore, sometimes you discover unknown interests by simply watching something.

Keep on joining, this may be vague, but it is intentional. It applies to multiple facets in life; you join competitions, and you discover new things for yourself. Just put yourself out there.

SELF IDENTITY

self-concept

Self-concept is the deeper interpretation of oneself. It is not simply your physical characteristics that help determine your self-concept; it also takes into account what's within. Things like personality, likes, and other things are given importance when it comes to self-concept. As time passes by, we go through different stages in our lives. Given this, our idea of self-concept changes; what this means is that our idea of ourselves changes given our situation (Cherry, 2024). Our self-concept is integral to how we go about each day.

self-image

Self-image is a much more surface-level identification of oneself. It relies more on physical traits rather than what is within. It typically depends on what people think of you rather than what you are in truth. Self-image is not always close to reality; for instance, a person who is obese may still view themselves as paper-thin because that is what they think of themselves. Similar to a person with anorexia thinking they are still fat when in reality they are super thin (Saul McLeod, 2023).

self-esteem

Self-esteem is the gauging factor of how you view yourself. It is the very thing that defines how confident you are in yourself or your abilities. In our everyday lives, it is important to have high self-esteem, because it influences your performance, just because of how you perceive yourself.

ideal self vs real self

The Ideal self and the Real self are just two views of oneself, separated by time or your confidence itself. To explain, the Ideal self is who you picture yourself to be in the future; it is the one that possesses most of the abilities that you would like to have. On the other hand, the Real self is who you are, present with your current characteristics and abilities. But the Ideal self and the Real self need not be apart; it depends on your goal and self-esteem. When these two are close to each other, it simply means that you view yourself highly, which is a good thing (Rogers, n.d., cited in Cherry, 2024).

Looking Glass Self vs. Generalized Others

Both the "Looking Glass Self" and the "Generalized Others" are different ways that we perceive ourselves, not based on our own opinions, but based on another person or a gauge. For the Looking Glass Self, it is more of how you view yourself based on how others perceive you. On the other hand, the way we perceive ourselves in Generalized Others is based on societal norms and different prejudices that affect self-perception.

self-disclosure

Self-disclosure is a good way of establishing connections and relationships with other people. It is the act of telling other people of some of your deeper, more unknown qualities or knowledge.

self-actualization

Self-actualization is when you make every plan that you may have concerning yourself come into fruition. What this means is that all of the practice and improvements that you've done in the past lead up to this moment. All the talents, skills, and other things that you wanted to provide for yourself, actuate or become real.

self-talk

Self-talk is quite literally talking to yourself. It is the commentary or banter that we often do when we are bored. Sometimes it is our way of teaching ourselves (Feynman Technique), in other times, it is when we try to build ourselves up, trying to establish better self-esteem. Picture yourself talking to a mirror, trying to boost your morale; that is my interpretation of self-talk.

self-assessment

Self-assessment is when you literally try to assess yourself. You try to look at your present abilities and the things that you have achieved in the past, leading to the present. Why do people do this, you may ask? It is to determine possible areas of improvement. Additionally, it helps people plan future course of actions that can improve them overall and make them better people.