|  |  |  |
| --- | --- | --- |
|  | known by self | unknown by self |
| known by others | open free area | blind area |
| unknown by areas | hidden area | unknown area |

* Self Concept
  + Endure over time, but they can change
  + Partly objective and partly subjective
* Where do they come from?
  + Direct Definition
  + Reflected Appraisal
  + Social Comparison
  + Self-fulfilling Prophecies
    - Comes from us and others
* Affirmations
* Emotion
  + Both your mind and your body working together
  + If you are nervous, and you just happen to sweat in your armpits, its a physiological response
* Consequences of not letting your emotions
  + Can damage you
  + Can boil up and hurt people when you let them out