

## Three Self Components

- Actual Self = “I am...”
- Ideal Self = “I want to be...”
- Ought Self = “I should be...”
- Discrepancies and Outcomes
  - Actual-Ideal Discrepancy → Depression
  - Actual-Ought Discrepancy → Anxiety

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## Self Processes

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## Three Self Motives

- Need for **Self-Verification**
  - Knowing yourself
  - How stable your self-concept is
- Need for **Self-Enhancement**
  - Liking yourself
  - How close you are to your ideal
- Need for **Social Inclusion**
  - Being liked by others
  - How much you are who you should be

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## Knowing Yourself

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- Information related to the self is:
  - processed very efficiently
  - recalled more easily than other information

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- We seek to **confirm** beliefs about ourselves
- Self-definition manipulates our social environment to achieve stability
  - What if you have a negative self-concept?

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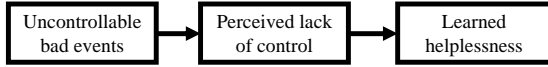
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### In Control of Failure:

- Chronic external locus of causality for achievement outcomes (esp. failure)



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### In Control of Failure:

- Protecting self-image by deliberately sabotaging efforts so that an excuse is available when failure occurs
  - Ex. Getting drunk before a test

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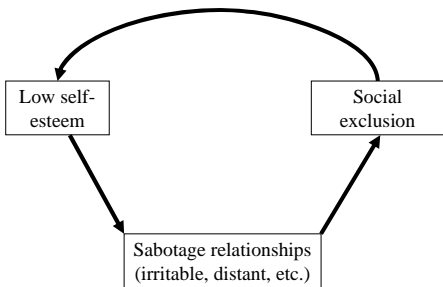
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### In Control of Failure:



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## Liking Yourself

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- The tendency to perceive oneself favorably
- Most apparent during social comparison when there is little information available
- Examples
  - **Unrealistic optimism** (esp. outcomes)
  - **False consensus** (esp. beliefs)
  - **False uniqueness** (esp. abilities)
- Pros and Cons

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- Overall sense of self-worth
- Degree and Stability
  - High / Stable: well-adjusted
  - High / Unstable: aggressive
  - Low / Stable: depressed
  - Low / Unstable: anxious
- **Sociometer hypothesis**
  - self-esteem is an indicator of how much that person feels accepted by others

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## Being Liked by Others

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- Making others like us by exhibiting particular characteristics
- Problem: Some attributes are dangerous to exhibit for a long time

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- Being attuned to what is deemed appropriate behavior
- Pros:
  - Often liked by others
  - Adapts well to new situations
- Cons:
  - Lack of integrity
  - Confusion when "worlds collide"

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## Self-Concept Change

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## How Does the Self Change?

- Can change from any new experience, BUT...
- Most likely to change when two elements are in place:
  - You want to change
  - Your social network changes
  - Implications for therapy

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- Close others “sculpt” you into your ideal self through **behavioral confirmation**
- In a sense, your self is verified AND enhanced

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