

# psychology of the self

**psychology of the self** is a fundamental area of study within psychology that explores how individuals perceive, understand, and relate to their own identity. This field investigates the complex processes through which people develop a sense of self, including self-awareness, self-concept, and self-esteem. Understanding the psychology of the self is crucial for comprehending human behavior, motivation, and emotional regulation. Theories from prominent psychologists such as William James, Carl Rogers, and Erik Erikson have shaped contemporary perspectives on selfhood. This article provides an in-depth examination of the psychology of the self, covering its theoretical foundations, developmental aspects, and its significance in mental health and social functioning. Additionally, it explores the various dimensions of self-perception and the role of culture and environment in shaping the self. The following sections will systematically explore these themes to offer a comprehensive overview of the psychology of the self.

- Theoretical Foundations of the Psychology of the Self
- Developmental Perspectives on the Self
- Components and Dimensions of the Self
- The Role of Self in Mental Health and Well-being
- Social and Cultural Influences on the Self

## Theoretical Foundations of the Psychology of the Self

The psychology of the self has been shaped by various theoretical frameworks that aim to explain how individuals come to understand and define who they are. Early contributions by William James introduced the distinction between the "I" (the self as the knower) and the "Me" (the self as the known), laying the groundwork for later theories. Humanistic psychology, particularly the work of Carl Rogers, emphasized the self as a central component of personality, highlighting the importance of self-actualization and congruence between the self-concept and experience. Erik Erikson's psychosocial theory further expanded the understanding by situating self-development within a lifespan context, stressing identity formation as a critical task during adolescence. Contemporary perspectives also integrate cognitive and social psychological approaches, examining self-schema and self-perception processes. These theories collectively contribute to a multidimensional understanding of the psychology of the self.

# **William James and Early Concepts**

William James was among the first psychologists to systematically analyze the self, distinguishing between the subjective "I" and the objective "Me." The "Me" refers to the aspects of the self that can be observed and described, including the material, social, and spiritual selves, while the "I" is the active agent that experiences and reflects. This duality remains influential in modern psychology, underpinning discussions about self-awareness and identity.

## **Humanistic Perspectives**

Carl Rogers introduced the concept of the self as a fluid and evolving construct centered around self-concept and the drive toward self-actualization. He emphasized the importance of unconditional positive regard in fostering a healthy self and posited that incongruence between self-image and experience leads to psychological distress. This approach highlights the subjective experience of the self and its role in personal growth.

## **Psychosocial Development and Identity**

Erik Erikson's theory outlines stages of psychosocial development, each characterized by specific conflicts that influence the formation of identity. His stage of identity versus role confusion during adolescence is particularly relevant to the psychology of the self, as individuals explore and commit to different roles and values to construct a coherent sense of self.

## **Developmental Perspectives on the Self**

The development of the self is a dynamic process that begins in infancy and continues throughout the lifespan. Psychological research shows that self-awareness emerges early in childhood and evolves through various cognitive, emotional, and social milestones. Developmental theories emphasize how interaction with caregivers, peers, and the environment shapes self-concept and self-esteem. This section reviews key stages and mechanisms involved in the psychological development of the self.

## **Emergence of Self-Awareness**

Self-awareness typically begins in infancy as babies start to distinguish themselves from their surroundings. The mirror test, a classic developmental assessment, demonstrates that by around 18 to 24 months, children recognize their reflection as an image of themselves. This milestone marks the beginning of self-recognition and lays the foundation for more complex self-related processes.

# **Childhood and Self-Concept Formation**

During early and middle childhood, children develop increasingly sophisticated self-concepts that incorporate their abilities, preferences, and social roles. Feedback from parents and peers plays a crucial role in shaping the child's self-view. As cognitive abilities mature, children begin to compare themselves to others, influencing their self-esteem and identity.

## **Adolescence and Identity Exploration**

Adolescence is a critical period for identity development, characterized by exploration and commitment to values, beliefs, and goals. Erikson's model emphasizes the importance of resolving the identity versus role confusion crisis to achieve a stable and coherent self. Successful navigation of this stage contributes to psychological resilience and social adaptation.

## **Components and Dimensions of the Self**

The psychology of the self encompasses multiple components and dimensions that collectively define how individuals perceive and relate to themselves. Understanding these elements is essential for grasping the complexity of self-identity and its influence on behavior. This section outlines the primary components including self-concept, self-esteem, self-efficacy, and the distinction between the personal and social self.

### **Self-Concept**

Self-concept refers to the organized set of beliefs and perceptions that an individual holds about themselves. It includes attributes such as personality traits, abilities, values, and roles. Self-concept is dynamic and can be influenced by experiences and social feedback, serving as a cognitive framework for interpreting the self and guiding behavior.

### **Self-Esteem**

Self-esteem involves the evaluative aspect of the self, reflecting one's overall sense of self-worth and value. It plays a critical role in emotional well-being and motivation. High self-esteem is associated with positive outcomes such as resilience and social competence, while low self-esteem can contribute to vulnerability to mental health issues.

# Self-Efficacy

Self-efficacy, a concept introduced by Albert Bandura, refers to an individual's belief in their ability to succeed in specific situations or accomplish tasks. It significantly influences motivation, goal-setting, and perseverance. Self-efficacy is a key factor in the psychology of the self as it shapes how individuals approach challenges and opportunities.

## Personal versus Social Self

The personal self pertains to individual characteristics and experiences, while the social self relates to one's identity within social contexts and groups. Social identity theory highlights how group memberships can influence self-concept and behavior, demonstrating the interplay between personal and collective aspects of the self.

- Self-Concept: Cognitive framework of self-knowledge
- Self-Esteem: Emotional evaluation of self-worth
- Self-Efficacy: Belief in personal competence
- Personal Self: Unique individual traits
- Social Self: Identity derived from group membership

## The Role of Self in Mental Health and Well-being

The psychology of the self is intimately connected to mental health, influencing emotional regulation, coping strategies, and overall psychological well-being. Disturbances in self-concept or self-esteem can contribute to various psychopathologies including depression, anxiety, and personality disorders. Conversely, a stable and coherent sense of self is a protective factor that promotes resilience and adaptive functioning.

## Self-Concept and Psychological Disorders

Negative or fragmented self-concept is often observed in disorders such as depression and borderline personality disorder. Individuals may experience conflicting self-views, low self-worth, or identity confusion that exacerbate emotional distress. Therapeutic interventions frequently focus on restructuring maladaptive self-beliefs to foster recovery.

# **Self-Esteem and Emotional Well-being**

Self-esteem levels are closely linked to emotional health. Low self-esteem has been associated with increased risk for mood disorders and social withdrawal, while healthy self-esteem supports confidence and positive social interactions. Psychological treatments often aim to enhance self-esteem to improve outcomes.

## **Self-Regulation and Coping**

The ability to regulate the self through self-monitoring, goal-setting, and emotional control is vital for managing stress and adversity. Effective self-regulation relies on a well-integrated self and contributes to mental resilience. Techniques such as mindfulness and cognitive-behavioral strategies can strengthen self-regulatory capacities.

## **Social and Cultural Influences on the Self**

The psychology of the self cannot be fully understood without considering the social and cultural contexts in which individuals exist. Culture shapes the values, norms, and expectations that influence how the self is constructed and expressed. Social interactions also play a pivotal role in the ongoing development and reinforcement of self-identity.

## **Cultural Variations in Self-Construal**

Research distinguishes between independent and interdependent self-construals, which are culturally influenced ways of defining the self. Western cultures typically emphasize independence, autonomy, and personal achievement, whereas many Eastern cultures prioritize interdependence, relational harmony, and collective identity. These cultural frameworks impact self-perception and behavior significantly.

## **Social Feedback and Self-Development**

Interactions with family, peers, and broader social networks provide critical feedback that shapes self-concept and self-esteem. Positive reinforcement and social acceptance support a healthy self, while rejection or criticism can damage self-perceptions. Social comparison processes also influence how individuals evaluate themselves relative to others.

## **Role of Media and Technology**

Modern media and digital technology have introduced new dimensions to the psychology of the self. Social media platforms enable individuals to curate and project identities, affecting self-presentation and self-esteem. While these tools offer opportunities for connection and self-expression, they also pose challenges related to authenticity and social comparison.

## **Frequently Asked Questions**

### **What is the psychology of the self?**

The psychology of the self explores how individuals perceive, understand, and develop their own identity, including aspects like self-concept, self-esteem, and self-awareness.

### **How does self-concept influence behavior?**

Self-concept shapes how individuals interpret experiences and make decisions, influencing their motivation, confidence, and interactions with others.

### **What role does self-esteem play in mental health?**

Self-esteem affects emotional well-being; high self-esteem is linked to resilience and positive mental health, while low self-esteem can contribute to anxiety, depression, and social withdrawal.

### **How do social interactions impact the development of the self?**

Social interactions provide feedback and comparisons that help individuals form and adjust their self-concept, influencing identity and self-perception over time.

### **What are some common psychological theories related to the self?**

Key theories include Carl Rogers' humanistic approach focusing on self-actualization, Erik Erikson's stages of psychosocial development, and Albert Bandura's social cognitive theory emphasizing self-efficacy.

## **Additional Resources**

### *1. The Self Illusion: How the Social Brain Creates Identity*

This book explores the concept that the self is not a fixed entity but rather a construct created by the brain through social interactions. It delves into how our sense of identity is shaped by cultural, neurological, and psychological factors. The author challenges traditional notions of a stable, unchanging self, offering a fresh perspective on personality and consciousness.

## *2. Self Comes to Mind: Constructing the Conscious Brain*

In this work, the author examines the neurological basis of the self and consciousness. The book provides insights into how brain processes generate our sense of self-awareness and continuity. It bridges psychology and neuroscience to explain how subjective experience arises from brain activity.

## *3. The Psychology of the Self: A Developmental Approach*

This book focuses on the development of the self from infancy through adulthood, highlighting key psychological theories and empirical research. It discusses how self-concept, self-esteem, and identity evolve across the lifespan. The text integrates developmental milestones with social and cognitive factors influencing the self.

## *4. Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*

While primarily about positive psychology, this book addresses the role of self-awareness and self-acceptance in achieving happiness. It offers practical strategies for cultivating a genuine sense of self and enhancing well-being. The author combines scientific research with real-life applications for personal growth.

## *5. Self-Compassion: The Proven Power of Being Kind to Yourself*

This book emphasizes the importance of treating oneself with kindness and understanding in the face of personal struggles. It explores psychological research on self-compassion and its effects on mental health. Readers learn how to cultivate a healthier, more resilient self through mindfulness and self-acceptance.

## *6. The Divided Self: An Existential Study in Sanity and Madness*

A classic in the field, this book offers a deep philosophical and psychological analysis of the fragmented self. It investigates how internal conflicts and existential dilemmas impact mental health and identity. The author uses case studies to illustrate the complexities of the self in both sanity and madness.

## *7. Mindset: The New Psychology of Success*

This influential book explores how beliefs about the self influence motivation, learning, and achievement. It distinguishes between fixed and growth mindsets and their effects on personal development. The author provides evidence-based techniques for fostering a growth mindset to enhance self-efficacy and resilience.

## *8. The Social Self: Understanding Identity in a Social World*

This text examines how social contexts and relationships shape the self-concept. It discusses theories related to social identity, self-presentation, and group dynamics. The book highlights the interplay between individual psychology and social influences in forming the self.

## *9. Quiet: The Power of Introverts in a World That Can't Stop Talking*

Focusing on personality and self-perception, this book sheds light on the inner lives of introverts. It challenges societal norms that favor extroversion and validates different expressions of the self. The author combines psychological research with personal stories to reveal the strengths of quieter types.

# Psychology Of The Self

Find other PDF articles:

<https://ns2.kelisto.es/workbooks-suggest-003/pdf?dataid=Wlg12-4779&title=workbooks-school-zone.pdf>

**psychology of the self: Self-Esteem** Roy F. Baumeister, 2013-11-11 Summarizing and integrating the major empirical research of the past twenty years, this volume presents a thorough review of the subject, with a special focus on what sets people with low self-esteem apart from others. As the subject is central to the understanding of personality, mental health, and social adjustment, this work will be appreciated by professionals and advanced students in the fields of personality, social, clinical, and organizational psychology.

**psychology of the self: The Self in Social Psychology** Roy F. Baumeister, 1999 This reader presents a collection of articles on the study of the self in social psychology. The readings are in thematic sections covering topics such as self-knowledge, self-esteem, self-regulation, self-presentation, and the self and culture.

**psychology of the self: Handbook of Self and Identity, Second Edition** Mark R. Leary, June Price Tangney, 2011-12-21 Widely regarded as the authoritative reference in the field, this volume comprehensively reviews theory and research on the self. Leading investigators address this essential construct at multiple levels of analysis, from neural pathways to complex social and cultural dynamics. Coverage includes how individuals gain self-awareness, agency, and a sense of identity; self-related motivation and emotion; the role of the self in interpersonal behavior; and self-development across evolutionary time and the lifespan. Connections between self-processes and psychological problems are also addressed. New to This Edition \*Incorporates significant theoretical and empirical advances. \*Nine entirely new chapters. \*Coverage of the social and cognitive neuroscience of self-processes; self-regulation and health; self and emotion; and hypoegeic states, such as mindfulness.

**psychology of the self: The Self** Jonathon Brown, 2014-06-03 Although social psychology has been traditionally focused on interpersonal relationships, the cognitive revolution in psychology has had the effect of refocusing some social psychology on intra-psychic processes. This area of psychology has become very popular in recent years, yet there is currently no other textbook available for the study of the self. Republished in its original form by Psychology Press in 2007, this book carefully documents the changing conceptions and the value accorded the self in psychology over time. It further outlines the many alternative conceptions of this increasingly central domain in social psychology. New research and conceptions are juxtaposed with the classic and traditional, providing the reader with a comprehensive introduction to the study of the self.

**psychology of the self: Social Psychology of the Self-concept** Morris Rosenberg, Howard B. Kaplan, 1982 Includes such contents as: Constituents of the Self-Concept; Principles of Self-Concept Formation; Social Identity & Social Context; Social Institutions; Deviance; and, Defense Mechanisms.

**psychology of the self: The Self in European and North American Culture** J.H. Oosterwegel, R.A. Wicklund, 2012-12-06 How diverse or potentially overlapping are the numerous self-models, self-theories, and directions of self-research? It has become clear that the processes associated with the self are complex and diverse, and that many of the approaches associated with the self have been pursued in isolation. Moreover, the fact of there being different traditions within developmental and social psychology, as well as different traditions in Europe and North America, has also led to a certain cacophony when we examine the self-field as a whole. The chapters here confront these differences, trying to come to terms with phenomena that are overarching, that



extend through the dimensions of developmental psychology, social psychology, motivation psychology, and parts of clinical psychology. The book as whole gives a clear presentation of the issues, questions and phenomena that surface in research fields known as self psychology.

**psychology of the self: Psychological Perspectives on the Self, Volume 4** Jerry Suls, 2014-02-25 The primary aim of this volume is to present the most recent advances in the psychological study of the self with a special emphasis on the factors that contribute to self-concept and self-esteem. This volume offers the following features: \* state-of-the-art testimonies of important new research programs on the self \* valuable reviews and literature on measurement of self-concept \* analysis of sociocultural influences on self -- an understudied topic until recently \* new theory on the origins of self-enhancement

**psychology of the self: Self Psychology** Peter A. Lessem, 2005-05-12 This comprehensive, introductory text makes the concepts of self psychology accessible for students and clinicians. It begins with an overview of the development of Kohut's ideas, particularly those on narcissism and narcissistic development and explains the self object concept that is at the core of the self psychological vision of human experience. It also includes brief overviews, of the allied theoretical perspectives of intersubjectivity and motivational systems theory. Numerous clinical vignettes are furnished to illustrate theoretical concepts as well as one continuous case vignette that is woven throughout the book.

**psychology of the self: Public Self and Private Self** Roy F. Baumeister, 2012-12-06 Psychology has worked hard to explore the inner self. Modern psychology was born in Wundt's laboratory and Freud's consulting room, where the inner self was pressed to reveal some of its secrets. Freud, in particular, devoted most of his life to exploring the hidden recesses inside the self-hidden even from the conscious mind, he said. From Freud's work right down to the latest journal article on self-schemata or self-esteem, psychologists have continued to tell us about the inner self. More recently, psychology has turned some of its attention to the outer self, that is, the self that is seen and known by other people. Various psychologists have studied how the outer self is formed (impression formation), how people control their outer selves (impression management), and so forth. But how is the outer self related to the inner self? There is an easy answer, but it is wrong. The easy answer is that the outer self is mostly the same as the inner self. Put another way, it is that people reveal their true selves to others in a honest and straightforward fashion, and that others accurately perceive the individual as he or she really is. Sometimes it works out that way, but often it does not. The issue is far too complex for the easy answer.

**psychology of the self: Building, Defending, and Regulating the Self** Abraham Tesser, Joanne V. Wood, Diederik A. Stapel, 2005-07-05 This volume pulls together research on several aspects of the self. One set of chapters deals with the importance of building a self based on authenticity and Who I really am.; a second group deals with the ways in which we defend views of the self as positive and powerful; a third group is concerned with multiple aspects of self regulation. Each of the chapters is a well-written, non-technical description of an important, currently active research program.

**psychology of the self: The Psychology of the Self** Heinz Kohut, Arnold Goldberg, 1993

**psychology of the self: The Singular Self** Professor Rom Harré, 1997-12-12 Harr[ac]e draws on psychology, philosophy, anthropology, and linguistics to develop an intellectually rigorous and integrative understanding of selfhood as a unitas multiplex - a diversity in unity. The breadth of Harr[ac]e's scholarship and the rigor which he evaluates various conceptual positions are awe inspiring. Harr[ac]e's keen insights and erudite arguments about selfhood help to clear a space for an intellectually rigorous psychology of persons. Although many readers will find this a very challenging book, Harr[ac]e bills his text as An Introduction to the Psychology of Personhood. He is laying out some of the basic concepts that must be invoked if one is to develop a credible science of persons.... In conclusion, Harr[ac]e's brilliant exegesis of the grammar underlying self-talk provides a philosophical clearing within which a sophisticated and generative science of persons may be allowed to take place' - Contemporary Psychology This landmark work draws on material from

psychology, philosophy, anthropology and linguistics to develop a hierarchical and structured concept of personhood. Rom Harr[ac]le shows that despite the centrality of our social and cultural identities, the self must ultimately be understood as autonomous, distinct and continuous - as a shifting but unified pattern of multiplicities and singularities. This masterly analysis offers an opportunity to develop a truly scientific account of personhood. By charting a path across the psychological landscape that acknowledges both the symbolic and the physiological aspects of our being, from language to biology, Harr[ac]le maps the terrain of what it is to be a person in the context of discursive psychology.

**psychology of the self:** *The Private Self* Arnold H. Modell, 1993 The concept of the self is the subject of intense debate in psychoanalysis - as it is in neuro-science, cognitive science, and philosophy. In *The Private Self* Arnold Modell, a leading thinker in American psychoanalysis, studies selfhood from the inside by examining variations on the theme of the self in Freud and in the work of object relations theorists, self psychologists, and neuro-scientists. His significant contribution is an interdisciplinary perspective in formulating a theory of the private self. Modell contends that the self is fundamentally paradoxical in that it is both dependent and autonomous - dependent upon social affirmation, but autonomous in generating itself from within: we create ourselves by selecting values that are endowed with private meanings. (Modell presents an extensive view of these self-generative and self-creative aspects.) The private self is an embodied self: the psychology of the self is rooted in biology. By thinking of the unconscious as a neurophysiological process and the self as the subject and object of its own experience, Modell is able to explain how identity can persist in the flux of consciousness. In arriving at his unique synthesis of psychoanalytic observations and neurobiological theory, Modell draws on the contributions of Donald Winnicott in psychoanalysis, William James in philosophy, and Gerald Edelman in neurobiology. *The Private Self* boldly explores the frontier between psychoanalysis and biology. In replacing the instinct-driven self and the attachment-oriented self with the self-generating self, the author offers an exciting and original perspective for our understanding of the mind and the brain.

**psychology of the self:** *New Developments in Self Psychology Practice* Peter Buirski, Amanda Kottler, 2007-10-23 It has been 35 years since the publication of Heinz Kohut's monumental book, *The Analysis of the Self*, in 1971, and in this period self psychology has undergone a vibrant and exciting evolution that has significantly influenced and expanded the range of psychoanalytic thinking. While undergoing this change, self psychology has kept the developmental importance of self-object relatedness and the primacy of subjective experience as central tenets of the theory. But where other theories of mind can tend to stagnate and resist innovations that transcend their founding figure, Kohut's self psychology continues to grow in depth, complexity and richness. Indeed one of the great strengths of the self psychology movement has been the openness of the succeeding generations to push the theoretical envelope-to entertain, examine and integrate new understandings and perspectives. *New Developments in Self Psychology Practice* gives voice to many of these developments, reflected in its four sections. The first section examines complexity theory, attachment theory and the work of the Boston Change Study Group. The second section is concerned with the treatment of children, while the third section examines various treatment modalities such as family therapy, group therapy, and supervisory process. The final section looks at diversity, difference, and otherness within both the therapeutic dyad and therapeutic community and considers how shame, enactments and traumatic experiences influence the therapeutic process.

**psychology of the self:** *The Self Across Psychology* Joan Snodgrass, Robert L. Thompson, 2006

**psychology of the self:** *Psychological Dimensions of the Self* Arnold H. Buss, 2001-06-21  
`This book would be of great assistance for demonstrating how the self can be objectified in ways suited to the requirements of empirical studies.... It makes a genuine contribution to the field. The author's dedicated attention to the topic of the self and his fluent knowledge of the field will surely benefit the next generation of researchers' - Daniel M Ogilvie, Rutgers University  
`The book will appeal to undergraduate and beginning graduate students who are interested in the self' - Michael Kernis, University of Georgia  
In this comprehensive core textbook for courses on self psychology, a

respected and experienced author uses multiple approaches (cultural, social psychological, developmental, psychoanalytical, personality, and evolutionary) to better understand each aspect of the self (e.g., body image, identity, self-consciousness, shyness, guilt, shame, self-disclosure, etc.). Compared with other books on the self, Buss provides the reader with a broader coverage of topics. In addition, as he proceeds through each topic, he utilizes recurrent themes, labeled dichotomies of the self (private/public, central/peripheral, etc.), and these various themes offer a conceptual framework that helps the reader to see how the various aspects of the self are related.

**psychology of the self: Self-Concept Clarity** Jennifer Lodi-Smith, Kenneth G. DeMarree, 2018-01-03 This welcome resource traces the evolution of self-concept clarity and brings together diverse strands of research on this important and still-developing construct. Locating self-concept clarity within current models of personality, identity, and the self, expert contributors define the construct and its critical roles in both individual and collective identity and functioning. The book examines commonly-used measures for assessing clarity, particularly in relation to the more widely understood concept of self-esteem, with recommendations for best practices in assessment. In addition, a wealth of current data highlights the links between self-concept clarity and major areas of mental wellness and dysfunction, from adaptation and leadership to body image issues and schizophrenia. Along the way, it outlines important future directions in research on self-concept clarity. Included in the coverage: Situating self-concept clarity in the landscape of personality. Development of self-concept clarity across the lifespan. Self-concept clarity and romantic relationships. Who am I and why does it matter? Linking personal identity and self-concept clarity. Consequences of self-concept clarity for well-being and motivation. Self-concept clarity and psychopathology. Self-Concept Clarity fills varied theoretical, empirical, and practical needs across mental health fields, and will enhance the work of academics, psychologists interested in the construct as an area of research, and clinicians working with clients struggling with developing and improving their self-concept clarity.

**psychology of the self: The Self And Personality Structure** Paul Brinich, Christopher Shelley, 2002-07-16 What is the self and its relationship to personality theories? How do the central schools of psychotherapy conceptualize the self? The self is a notoriously difficult and at times obscure concept that underpins and guides much psychotherapy theory and practice. The corollary concept of personality is fundamentally linked to the concept of the self and has provided theorists and researchers in psychology with a more coherent set of principles with which to explicate the personal and attributional aspects of the self. The authors come from two quite separate schools of depth psychology (psychoanalytic and Adlerian) and provide an overview of the self and how it is conceptualized across the psychotherapies within various theories of personality. In addition to outlining some of the philosophical and historical issues surrounding the notion of selfhood, the authors examine classical and developmental models of psychoanalytic thought that implicitly point to the idea of self. The authors also outline Kohut's psychoanalytic self psychology in addition to Adlerian and other post Freudian, Jungian and post-Jungian, cognitive, humanistic, and existential contributions to the self and personality structure.

**psychology of the self: Psychology as Religion** Paul C. Vitz, 1994 This is a virtually rewritten second edition of New York University Professor Paul Vitz's profoundly important analysis of modern psychology. Vitz maintains that psychology in our day has become a religion, a secular cult of self, and has become part of the problem of modern life rather than part of its resolution.

**psychology of the self: The Self** Constantine Sedikides, Steven J. Spencer, 2011-02-25 This volume provides a cutting-edge exposition to research on the self. Sixteen authoritative overviews highlight the role of the self around four themes. The first theme is Brain and Cognition, which includes a social neuroscience perspective on the self, implicit self-cognition, the structure of the self and autobiographical memory. The next theme is Motivation, in which chapters include social comparison, self-regulation, narcissism, and modesty. The third theme is Self-esteem and Emotions, covered by chapters on the measurement of self-esteem, terror management theory, sociometer theory, and self-conscious emotions. The final theme concerns the Interpersonal, Intergroup and

Cultural Context, containing chapters on intimate relationships, social exclusion, the collective self, and culture. Throughout the volume, the exposition is both scholarly and accessible. It also offers critical assessments along with thoughtful discussions of challenges and problems ahead, as well as the generation of novel hypotheses. As such, the book aspires to influence the research agenda for several years to come. The Self will serve as an essential reference volume for active researchers in the field, while also being appropriate for use as a textbook in advanced courses on the self.

## Related to psychology of the self

**Find Therapists and Psychologists in Tacoma, WA - Psychology** The Psychology Today directory lists providers who offer legitimate mental health services to the public, including psychologists, psychiatrists, social workers, and counselors

**Psychology - Wikipedia** Psychology is the scientific study of mind and behavior. [1][2] Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious phenomena, and

**Psychology | Definition, History, Fields, Methods, & Facts** psychology, scientific discipline that studies mental states and processes and behaviour in humans and other animals. The discipline of psychology is broadly divisible into

**8 Psychology Basics You Need to Know - Verywell Mind** 6 days ago Psychology is the study of the mind and behavior, utilizing scientific methods to understand and modify behavior. Psychologists often look at human behavior from different

**What Is Psychology?** Psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaceted discipline and includes

**Science of Psychology - American Psychological Association (APA)** The science of psychology benefits society and enhances our lives. Psychologists examine the relationships between brain function and behavior, and the environment and behavior, applying

**What is Psychology? - Introduction to Psychology** Psychology uses naturalistic observation, rigorous scientific methods, including experimentation, and analysis, to understand the complexities of the human mind and behaviour. Modern

**Psychology's Comprehensive Online Resources |** Find out what it takes to enter the psychology field and how to build a successful career on the most comprehensive site for psychology schools and careers

**Chapter 1. Introducing Psychology - Introduction to Psychology** Psychology is the scientific study of mind and behavior. The word "psychology" comes from the Greek words "psyche," meaning life, and "logos," meaning explanation. Psychology is a

**Our Providers - Tacoma Psychology** When you need mental health services, you want treatment that works from a therapist who truly cares about you as an individual. Dr. Bates has been providing effective, compassionate

**Find Therapists and Psychologists in Tacoma, WA - Psychology** The Psychology Today directory lists providers who offer legitimate mental health services to the public, including psychologists, psychiatrists, social workers, and counselors

**Psychology - Wikipedia** Psychology is the scientific study of mind and behavior. [1][2] Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious phenomena, and

**Psychology | Definition, History, Fields, Methods, & Facts** psychology, scientific discipline that studies mental states and processes and behaviour in humans and other animals. The discipline of psychology is broadly divisible into

**8 Psychology Basics You Need to Know - Verywell Mind** 6 days ago Psychology is the study of the mind and behavior, utilizing scientific methods to understand and modify behavior. Psychologists often look at human behavior from different

**What Is Psychology?** Psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaceted discipline and includes

**Science of Psychology - American Psychological Association (APA)** The science of psychology benefits society and enhances our lives. Psychologists examine the relationships between brain function and behavior, and the environment and behavior, applying

**What is Psychology? - Introduction to Psychology** Psychology uses naturalistic observation, rigorous scientific methods, including experimentation, and analysis, to understand the complexities of the human mind and behaviour. Modern

**Psychology's Comprehensive Online Resources** | Find out what it takes to enter the psychology field and how to build a successful career on the most comprehensive site for psychology schools and careers

**Chapter 1. Introducing Psychology - Introduction to Psychology** Psychology is the scientific study of mind and behavior. The word "psychology" comes from the Greek words "psyche," meaning life, and "logos," meaning explanation. Psychology is a

**Our Providers - Tacoma Psychology** When you need mental health services, you want treatment that works from a therapist who truly cares about you as an individual. Dr. Bates has been providing effective, compassionate

## **Related to psychology of the self**

**If someone has high self-worth, psychology says they'll never explain these 8 choices**

(VegOut Magazine2d) High self-worth isn't about never being questioned—it's about not needing to justify your life to people who don't live it

**If someone has high self-worth, psychology says they'll never explain these 8 choices**

(VegOut Magazine2d) High self-worth isn't about never being questioned—it's about not needing to justify your life to people who don't live it

**Psychology says if you do these 9 things, you're a better person than you think** (VegOut Magazine5d) Being a good person doesn't always look dramatic. It's not about grand gestures or flawless perfection. It's about small,

**Psychology says if you do these 9 things, you're a better person than you think** (VegOut Magazine5d) Being a good person doesn't always look dramatic. It's not about grand gestures or flawless perfection. It's about small,

**How Virtual Worlds and Social Media Distort Your Self-Esteem** (Psychology Today1d) It's not just gamers. Many teens create stunning Instagram profiles, using filters and edits to chase a picture-perfect ideal

**How Virtual Worlds and Social Media Distort Your Self-Esteem** (Psychology Today1d) It's not just gamers. Many teens create stunning Instagram profiles, using filters and edits to chase a picture-perfect ideal

**6 Signs of 'Chronic Fawning,' According to a Clinical Psychologist** (17d) And from that place, your care for others can actually become more genuine." Related: A Clinical Psychologist Is Begging 'People-Pleasers' To Start Doing This One Thing Dr. Ingrid Clayton, author of

**6 Signs of 'Chronic Fawning,' According to a Clinical Psychologist** (17d) And from that place, your care for others can actually become more genuine." Related: A Clinical Psychologist Is Begging 'People-Pleasers' To Start Doing This One Thing Dr. Ingrid Clayton, author of

**The Unique Psychology of Ernest Dichter** (Psychology Today6d) As a teenager, Dichter worked in his uncle's department store as a window decorator, where he was exposed to and enchanted by

**The Unique Psychology of Ernest Dichter** (Psychology Today6d) As a teenager, Dichter worked in his uncle's department store as a window decorator, where he was exposed to and enchanted by

**The Psychology of Free: Why Everyone Loves a No-Strings-Attached Offer** (Gigwise13d) You see the word 'free' scrawled on a sign or flashing in a subject line and, just like that, your brain seems to switch

**The Psychology of Free: Why Everyone Loves a No-Strings-Attached Offer** (Gigwise13d) You see the word 'free' scrawled on a sign or flashing in a subject line and, just like that, your brain seems to switch

Back to Home: <https://ns2.kelisto.es>