



# The Self

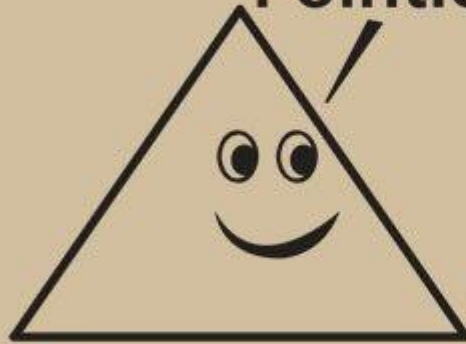
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## The Self

- What is the Self?
- Self Image
- Self Esteem
- Self Control
- Self Discovery
- Self Sabotage
- Self Acceptance
- Self Compassion

- The way we perceive ourselves
- The way the conscious and subconscious work together
- Internal belief system including needs and ambitions accompanied by physical factors

**You're  
Pointless.**



- Self consciousness:
  - Private: consciousness directed towards own emotions, thoughts, beliefs and feelings
  - Public: collecting information about ones self through the way other perceive us
- Self esteem
  - The way a person self evaluates in a positive or negative way.
- Social self
  - The image we try to expose towards others
  - The socials roles we assume in a social context.(Benne and Sheats' Group Roles)
- Agent self or Self Agency
  - The internal process a person uses to initialize, execute and control his own actions within the real world.

- SUPER-EGO

- The component that is responsible with morality and judgment based on good and evil
- Made out of the ego ideal and the conscience
- Processes the results of our actions

- EGO

- Real world component which tries to satisfy the needs of the ID in a socially acceptable way
- It is responsible for denying gratification and eliminating the tension state when the needs of the ID are not satisfied

- ID

- Primitive component of our personality
- Driven by needs and instinct: self preservation, aggression, sex.

- What you think you look like
- How you see your personality
- What kind of person you think you are
- What you believe others think of you
- How much you like yourself or you think others like you
- The status you feel you have

- Based on accepted strengths and weaknesses
- Affected by: strong interest in others people wishes or social expectations, what authority figures told us about ourselves, the positive or negative results of our endeavors, self criticism and self judgment
- Improved by: accepting that you have flaws and imperfections, not judging yourself, giving yourself break, deciding on your own what you need and what makes you happy
- Achieved by: getting to know your self, ability/skill inventory, list of achievements and list of struggles (with lessons learned)



I have this weird self-esteem issue where I hate myself, yet I still think I'm better than everyone else.



- Respect or favorable image one has of himself
- Helps us get motivated and strive for improvement
- Can act as a very important negative factor if the self-esteem is low
- Self-esteem is built upon the value derived from doing the things that get you your desired outcomes.

- Constantly striving for perfection
- Having low or biased expectations of yourself
- A tendency to exaggerate your problems
- The habit of accentuating the negatives
- Underestimating your personal ability
- Ignoring the positives and potential opportunities
- Being burdened with constant self-doubt
- Constantly blaming and criticizing yourself
- Lack of self-confidence in your ability to get things done
- Inability to accept compliments
- Unable to concentrate because of a lack of energy, which often results from inadequate sleep patterns.

- Accept and manifest your emotions
- Take responsibility for your success
- Focus on solutions
- Avoid limiting language (I can't, If I, could I)
- Avoid compulsory language (should, must)
- Seek feedback (positive and negative)
- Try not to seek recognition, confirmation or validation
- Set SMART objectives
- Confront cognitive distortions
- Base your self esteem on real, actual results

- We love immediate gratification(drugs, food , gambling)
- It teaches us that little work can lead to high rewards
- It makes long endeavors or long term gains seem to not be worthy of our time and effort
- It reduces stress tolerance
- It reduces our ability to self motivate
- Fast food over cooking yourselves
- Easy gains seem less important

- Sleep, eat healthy and exercise
- Learn to delay gratification
- Constructively replace guilty pleasures with healthy pleasures
- Always postpone buying something expensive
- Make a gain/loss list
- Work on one thing at a time
- Love yourself!

- What do I want to obtain?
- What would make me happy?
- Am I happy with what I have now?
- How can I be happier?
- How can I become better at what I do?
- What are my wishes and dreams?
- Are my wishes and dreams doable?
- Will I try to obtain what I want?
- What makes want to try?
- What is enough for “**now**”?

- Write how your day went
- Write how we would have want it to happen
- Identify all major aspects of each day, both what happened and what we wish had happened
- After a period of time try to identify repeating elements
- Try to do more of what makes you happy and less of what makes your life complicated and hard



- To discover out true selves
- To discover and change mental programs
- To redefine success and happiness
- To discover how to use our limited resources and how to be better at what we do
- To discover what makes us happy and start investing time in that
- How to be better at getting what really makes us happy
- To earn self esteem and a real image of our selves
- To makes us get over failures and setbacks
- To discover that we can improve
- Learn how to compensate what we lack

- Identify and describe all the roles you play in your life
- Identify objectives to improve the roles in your life
- Identify lacking or wanted roles
- Identify objective to obtain wanted roles

Assholism: The art of being an asshole.



your  cards  
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- Being a bully
- Having grandiose dreams
- Passive aggressiveness
- Trying to control everything
- Being very defensive



- Embracing a self-defeating mindset
- Getting stuck in the same situation/ Procrastination
- Self Pity
- Substance abuse
- Avoiding getting help
- Self neglect
- Emotions neglect



- A clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions
- A daily habit of self-reflection
- Don't fight your emotions, live with them (they are yours)
- Don't judge your thoughts, just let them pass
- Look for realistic, constructive feedback
- Discipline yourself



- Talk and act towards yourselves like you would with your dearest friend
- Be kind and caring towards yourself
- Instead of negative self talk, encourage yourself
- Accept yourself instead of judging yourself
- Accept your emotions and let them flow instead of fighting or labeling them

**THANK YOU!**

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