

### SELF FROM PSYCHOLOGICAL PERSPECTIVE

**CARL ROGER'S SELF CONCEPT** Also a humanistic psychologist, Carl Rogers created client-centered therapy.- Carl Rogers(1902-1987)

**Theory of Carl Rogers** Rogers' concept of the fully functioning person-refers to one who has achieved openness to feelings and experiences and has learned to trust inner urges and intuitions.

**SIGMUND FREUD THEORY OF PERSONALITY**

**ID** - the instinctual part of the mind that contains sexual and aggressive drives and hidden memories. It is selfish and wishful in nature. Illogical and fantasy oriented.

**IDEAL SELF** - which represents who the client wants to be If your ideal self would have you be a physician giving oral polio vaccines to children in distant lands, you may feel discontent with your plans to go into real estate or fashion design.

**SUPEREGO** - operates as a moral conscience. Applies the values of society which are learned from one's parents and others.

### SELF FROM PSYCHOLOGICAL PERSPECTIVE (cont)

**REAL SELF** - which represents who the client really is, one's self-image

**EGO** - the realistic part that mediates between the desires of the id and the super-ego. Modified by the direct influence of the external world. The decision-making component of personality.

### HINDUISM

- The goal of the person is to have a knowledge of the true reality. –Brahman
- The most important doctrine is the **LAW OF KARMA**
- All actions are subject to Karma
- Individual actions will lead to either good or bad outcomes in one's life.
- PEOPLE GET EXACTLY WHAT THEY DESERVED!**
- Hindus believed in **REINCARNATION** from lifetime to lifetime until it is freed from the cycle of rebirth and reaches a state of **NIRVANA** or non-birth. To achieve self-liberation and nirvana you need to perform your duties without expecting any reward for it.~Vedanta,Hinduism

### THEORY OF PERSONALITY

- ID**  
Self-gratifying branch
- Driven by personality that is driven by the pleasure principle
  - Satisfaction of sexual and aggressive impulses
- EGO**  
Decision-making branch  
Reality principle Conscious part of the mind
- SUPEREGO**  
Discriminating branch  
Concerned with moralistic issues deciding what is right and wrong.
- DONALD W. WINNICOTTS TRUE SELF AND FALSE SELF**

### THEORY OF PERSONALITY (cont)

#### TRUE SELF

- real self, authentic self, original self, vulnerable self
- Core of who you are
- spontaneous and natural expression
- One is born in

#### FALSE SELF

- fake self, ideal self, perfect self
  - behaviours are altered, feelings are repressed
  - false self is activated when a person has to comply with mores, norms, fads and fashions.
  - Seeks to anticipate the expectation of others and improve relationships.
  - When a child's demand is denied
  - Adolescence starts to wear social mask
- FAKE PEOPLE**
- ◆Most people do not easily present the different sides of themselves for others to see.
  - ◆They may reveal depending on the situation
  - ◆Example: People avoid cracking jokes in big gatherings as they would like to show that they are refined and educated.

### BUDDHISM

- the self is an illusion, born out of ignorance, or trying to hold/control things, or human-centered needs. Therefore the **self** is a **source of suffering**.
  - It is our quest to forget about the self, forget the cravings of self, break the attachments you have with the world, so you may **attain Nirvana**.
- FOUR NOBLE TRUTHS**
- 1.) Life involves suffering
  - 2.) Suffering is caused by attachment and desire to material possessions.
  - 3.) Suffering can be eliminated by ending attachments and desires.
  - 4.) The desire can easily be abandoned by following the "Eightfold Noble Path."

#### EIGHTFOLD PATH

### BUDDHISM (cont)

**Right View** - know the truth **Right mindfulness** - control your thoughts **right concentration** - practice meditation **right effort** - resist evil **right livelihood** - respect life **right action** - work for the good of others **right speech** - say nothing that hurts others **right intention** - free your mind of evil

#### QUOTATIONS OF BUDDHISM

- "With our thoughts, we make the world"
- "You will not be punished for being angry, you will be punished by your anger."
  - "A painful truth is always better than a hidden lie."
  - "Happy people build their inner world. Unhappy people blame their outer world."

### THE SELF IN EASTERN THOUGHTS

#### EASTERN THOUGHTS

1.) **CONFUCIANISM** - promotes having a "subdued self": the personal needs are repressed for the good of many. • can be seen as a code of ethical conduct, of how one should act according to their relationship with other people.

#### CORE: GOLDEN RULE

- (PRINCIPLE OF RECIPROCITY)
  - Do not do to others, what you don't want others do unto you.
  - The basis of proper conduct is knowing how to act in relation to others.
  - "Life is really simple, but we insist on making it complicated."
  - "The more man meditates upon good thoughts, the better will be his world at large."
  - "When anger rises, think of the consequences."
  - "We have two lives and the second begins when we realize we only have one."
- Your future is determined by your deeds today.
- "Study the past if you would like to divine the future." ~Confucius

### TAOISM

- **Dao** - "the way," become one with the cosmos, with nature, with all things
- **Ying and Yang**: balance is good, "proper harmony"
- Daoism has changed throughout the centuries, increasing in mysticism and superstition, increased knowledge of metallurgy and astronomy
- **Lao Tzu**: founder
- The self is not just an extension of the family/community, but it is also **part of the universe**.
- The ideal self is SELFLESSNESS, but NOT forgetting the self but rather **living a well-balanced life with society and nature**, being open and accepting change, forgetting prejudices and egocentric ideas, and thinking about equality.

#### THREE JEWELS OF TAO' refer to the three virtues of Taoism

1. Compassion, kindness, love
2. moderation, simplicity, frugality
3. humility, modesty

#### CONTRA FORCES

- a) Yang-yin or positive & negative) Yang positive, strong and integrative. It signifies light, active and male.
- b) Yin -negative, passive, weak and disintegrative. It signifies shadow, passive and female.

#### QUOTATIONS OF TAOISM

- "Clay is shaped into a bowl, but it is the empty space that makes it useful."
  - "Men are unhappy because they pretend to be what they are not"
  - "The journey of a thousand miles begins with one step."
- "If you really want everything, then give up everything." ~Lao Tzu

