

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

