

# Personality

What makes us who we are?

## **Psych 305A: Lecture 9**

### **The Self (part I)**

# The Social Network

# The Social Network

- **Why did we watch this movie?**
  - What was the movie *really* about?
- **Relationships**
  - Betrayal, friendship, loneliness
- **Personality**
  - What was driving Mark's behavior?
    - Why did he invent facebook?
    - Why did he do what he did to Eduardo?

# **The Social Network**

- **Did you sympathize with Mark?**

# Was Mark a narcissist?

- **What is the evidence?**
- **What kind of narcissist was he?**
  - Grandiose or fragile?
- **Does he have implicit shame underneath it all? Is his narcissism a defense?**

# What is the Self?

# Self-Awareness

"Imagine for a moment that you are gazing into a mirror and you make the following observation: I see myself, I see Me. There are two aspects of the self. There is the I, the active observer, and there is the Me in the mirror, the Me as observed."

-- Susan Harter

# WILLIAM JAMES (1842--1910)

*"Principles of Psychology"*

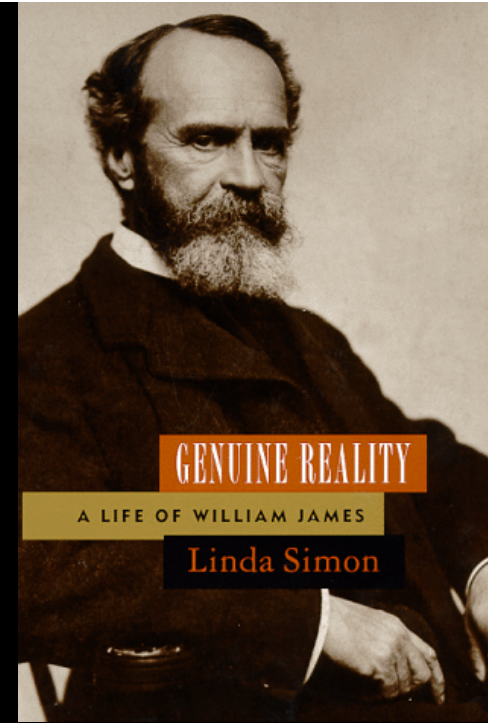
## Duality of Self:

- The "Me"

- Self as **object** that can be observed
- "I have property X..."

- The "I"

- Self as **agent** doing the observing
- Self as the perceiver
- Self-consciousness
  - Uniquely human?





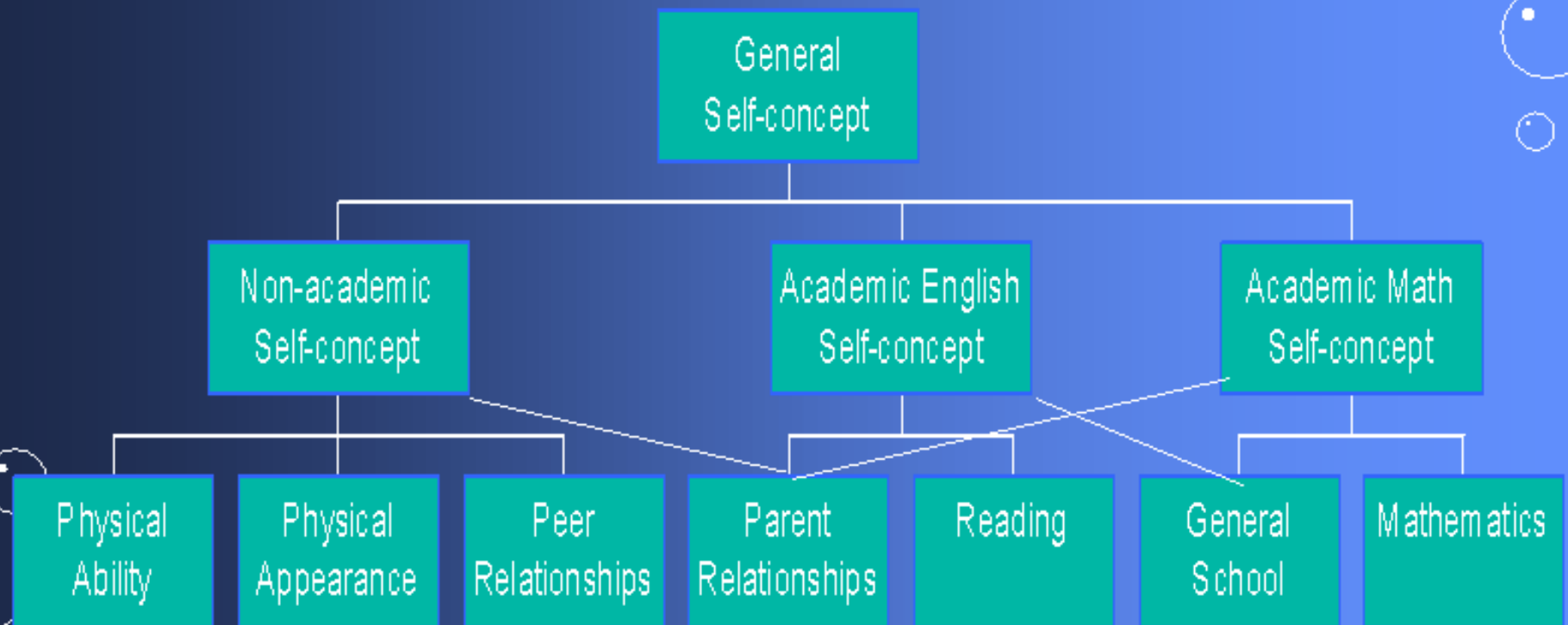
# Definitions

- **Self-consciousness**
  - The “I”
  - Self-awareness
- **Self-concept**
  - The “Me”
  - Conception of one’s self as a physical, social, psychological, moral being
- **Self-esteem**
  - Global evaluation (positive vs. negative) of one’s self
    - Feelings of competence
    - Feelings of liking and acceptance

# **The Self-Concept**

## **The “Me” Self**

# Sample Self-Concept Structure



# Assessing the Self-Concept

Imagine that you want someone to know what you are really like. You can tell this person 20 things about yourself...

- 1. I am \_\_\_\_\_
- 2. I am \_\_\_\_\_
- 3. I am \_\_\_\_\_
- .
- .
- 20. I am \_\_\_\_\_

# Twenty Statements: Classification Scheme

- Personal Characteristics (friendly, happy, ambitious)
- Ascribed Identities (age, sex, race, daughter)
- Social and Group Identities (student)
- Interests/Activities (painter, stamp collector, fan)
- Material Possessions (owner of a VW)
- Abstract/Existential (me, a person)



# How do we know a child has a sense of self?

- **Linguistic markers (age 18 months)**
  - Self-referencing (“I” “Me” “Mine”)
  - Nonverbal recognition of self-accomplishment (VIDEO: puzzle completion)
  - Narrative language use
    - reference to personally significant events



# How do we know a child has a sense of self?

- **Cognitive-behavioral markers (18-24 months)**
  - Imitation and role-taking
  - Mirror self-recognition
  - Rouge test

VIDEO- Rouge test, Monkey in the mirror

# Other animals with self

- **Mirror self-recognition**
  - Chimps, orangutans, gorillas
    - But not monkeys
  - Elephants
  - Dolphins
  - Humans
  - Recent discovery: magpies!





**Do Dogs have a sense of self?**



# Exam 2

- **All MC**
  - 30 items, each worth 1.5 points (full exam worth 45 points, same as last exam)
- **Will cover:**
  - Contemporary psychoanalytic approach
  - Motive theories
  - Humanist/phenomenological approach
  - The Self (up to self-esteem)
  - Chapters 10, 11, 14

# Next Class

- **Exam 2**
  - Bring a No. 2 pencil!
- **Monday Oct 7: The Self Part II: Self-Esteem**