

Who Do You Think You Are?

Our self-concept is a mix of our experiences, relationships, and things we cannot change. By being able to understand what makes you, you. You'll be able to connect with others and the benefits they carry.

One's self-concept is ever-changing. According to Epstein, 1973, the self-concept is not a fixed notion but is constantly changing based on new information (Brummerlman and Sander, 2017). Many scholars have a hard time defining a set definition for 'self' as there are many perspectives on what is self; however, the self defined as a “sum total to who a person is; a person's central inner force” (Beebe, Beebe, & Redmond 2021) is the definition I will be using. There isn't one sole person that created the concept of self-concept but Carl Rogers is a well-known psychologist who helped form this idea. With his idea being that there are three parts of self-concept: ideal self, real self and self-esteem. Without having a fixed definition of what is self and therefore don't have a strong definition of self-concept, we still have ideas of what self-concept is

Beebe, Beebe, and Redmond say that the three that form your self-concept are your attitudes, beliefs, and your values. To simply put it, your attitude is what you like (Beebe, Beebe, & Redmond 2021), your beliefs are what you hold or false (Beebe, Beebe, & Redmond 2021), and your values are what you believe to be right or wrong (Beebe, Beebe, & Redmond 2021). You learn and develop your attitude over your lifetime. You may like soccer one day and the next week you don't but, you weren't born liking or disliking that sport you got exposed to it one day and formed your opinion then. Your beliefs help you understand the world and what happens

around you. They mostly come from experiences like your attitude. For example, if it's a windy day you believe that the trees' leaves will blow. Lastly, your values are what you see are good and bad. Your values are usually conjured up through your parents and peers throughout life. Your values are hard to change once they are set because they are thought to be the most accurate representation of your central self. Ideas about whether stealing or murder is right or wrong and whether or not you value another person's honesty are both examples of where someone's values come from. To put it all together, Beebe, Beebe, and Redmond said it best: "You may like your coworker today but not tomorrow, even though you believe that person will come to work every day and you still value the concept of friendship" (Beebe, Beebe, & Redmond 2021).

Attachment styles are formed based on how close you and your parents were when you were a kid. It helps you on how you might be in a relationship (romantic or not). You Are believed to have one of the three attachment styles: secure, feeling comfortable giving and receiving affection, experiencing intimacy and trusting others; anxious, maybe feelings anxiety about intimacy and giving and receiving affection; and avoidant, feeling considerable discomfort and awkwardness when expressing or receiving affection (Beebe, Beebe, & Redmond 2021). Your self-concept doesn't only come from your own thoughts, some parts of you are formed by what parts of your life you had no control over (who your parents are for example).

Talking about not having control over the beginning of your life, you also don't have much control over your personality. Your personality comes from parts of your biology and your reactions to actions. Research suggests your personality is made up of what they call the Big Five Personality Traits. You are going to be a mix of extraversion (you are talkative and positive), agreeableness (you are compassionate and trusting), conscientiousness (you are

self-disciplines and methodical), neuroticism (you are nervous or emotionally distressed), and openness (you are imaginative and adventurous) (Beebe, Beebe, & Redmond 2021).

In conclusion, our self-concept is molded and formed throughout our life. It comes from our experiences, relationships, and internal/external life out of our control. Being able to feel comfortable with your complex self-concept allows you to know your strengths and weaknesses and how you could benefit from every connection you make with someone.

References

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