

Self-Concept

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Self-concept is how we describe and view ourselves, while many people will say things such as: I'm smart, I'm good at sports, or I'm a good friend. I wouldn't really describe myself as a great person. I'm flawed, but I have integrity, I have empathy towards people even if they don't deserve it, and I try to be better than I was as a child who made many regretful decisions. I feel I was formed from many of the topics we learned but my main three would be: Social Learning Theory, Social Comparison, and Attachment Styles.

The social learning theory is when we learn behaviors by watching others. I feel as if that has formed who I am the most, as I always wanted to fit in and the only way to do that was watching others and trying to copy everyone else. Picture this, you're in a classroom and all the guys are bullying this one kid, what do you do? Watch them? Help the kid? Be the scum that joins in to be like everyone? Well, I was the scum that joined in and I did it to be like everyone else because they were doing it, which I will forever regret being that scum that joined instead of offering the kid help or a friend at least. We learn many behaviors, good/bad, right/wrong, or ones we may regret forever, but they will impact us and make us who we are for the better or for the worst.

Social comparison affects everyone, and it's a lie if they say it doesn't. It's when we put things into reference groups, such as: Inferior/Superior and Different/Same. It affected me when it came to growing up in my household. My sister is smart, dedicated, athletic, and caring. I always felt I was being compared to her and how she was superior to me and I gave into those thoughts and tried to be like her and when I failed, I'd compare myself to her and see how much of an embarrassment I am. When it came to sports, I'd compare myself to my teammates, which would discourage me from even trying to be good and take the backseat. Social Comparisons

will be something we do for our whole lives and I know for as long as I live I'll compare myself to other people in all aspects of my life. It just matters if I'll beat myself up about it forever.

Lastly, attachment styles are made into us as children and will affect all our relationships in the future. I'm avoidant-fearful for many reasons, such as: low self-esteem, strong fear of rejection, and having high anxiety in relationships. Since childhood, I've had trouble with myself and connecting with others from the trauma of being abandoned. My dad left me when I was young and I don't resent him for it, but it caused me to feel fear of being left and not loved. Luckily, I have a beautiful and caring girlfriend who's been helping me get over this trauma little by little and I will forever be grateful to her.

Source

- Theodorou, Erin. "How Our Attachment Style Impacts Our Life and Relationships." *Erin*

Theodorou, M.Ed, LPC, ACS, NCC, 14 Feb. 2021,

theodoroutherapy.com/2021/02/14/how-our-attachment-style-impacts-our-life-and-relationships/

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