



Understand the Self's

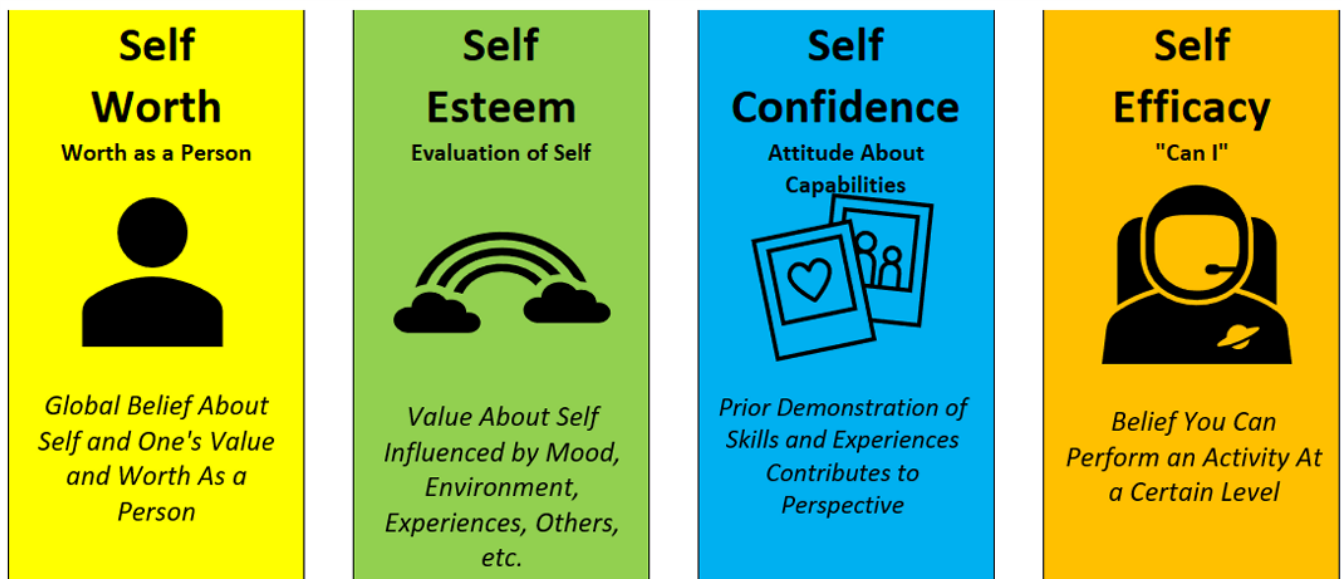
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Understanding yourself can be an enduring process of reflection, patience, vulnerability, and courage. The results can be tremendously productive in supporting our efforts towards understanding - **"Who am I?"**

The “selves” of identity such as self-worth, self-esteem, self-confidence, and self-efficacy represent different but interconnected layers of how we understand and relate to ourselves. Together, these “selves” create a layered understanding of identity: what you believe you are worth, how positively you see yourself, how capable you feel, and how effectively you believe you can act in the world.

We tend to organize one's **"Self's"** into the following areas.

- **Core Self:** Focus on identity and worth.
 - Self-Concept
 - Self-Identity
 - Self-Worth
 - **Evaluative Self:** Focus on judgment and perception
 - Self-Esteem
 - Self-Image
 - Self-Confidence
 - **Functional Self:** Focus on action and regulation.
 - Self-Efficacy
 - Self-Regulation
 - Self-Awareness
 - Self-Compassion
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Definitions:

- **Self-Concept:** Overall perception and understanding of "Who am I?" (Identity)
- **Self-Esteem:** Appraisal of one's worth or value - "How do I feel about who I am?" (Worth)
- **Self-Confidence:** Belief in one's ability to perform. Often influences our initiative, risk-taking, and assertiveness. (General Ability)
- **Self-Efficacy:** Belief in one's capacity to perform or achieve goals. Influences or predicts how we believe "we can." (Task Specific Ability)
- **Self-Awareness:** Knowledge of our thoughts, emotions, and behaviors. Present moment insights. (Being Present)
- **Self-Image:** Mental picture or image of yourself. Physically, socially, emotionally, etc. (Appearance/Style)
- **Self-Compassion:** How you treat yourself - with kindness/compassion or criticism. (Treatment)
- **Self-Identity:** Clear understanding of who one is based on values, roles, and associations. (Belonging)
- **Self-Regulation:** One's ability to manage emotions, thoughts, & behaviors. Influences choices, decisions, discipline, etc. (Impulse Control)
- **Self-Worth:** Internal or intrinsic belief that we have value no matter what has occurred. Enables our emotional security and feel grounded in the world we navigate. (Value)

Example: How they interact

- **Self-Concept** is the foundation: it informs how we evaluate ourselves (**self-esteem**) and how we perceive our capacity (**self-confidence** and **self-efficacy**).
- **Self-Esteem** is influenced by how aligned our actual self is with our ideal self (**self-image**, **self-worth**).
- **Self-Efficacy** is about situation-specific than **self-confidence**, but both contribute to action-taking and resilience.
- **Self-Compassion** and **Self-Regulation** support psychological flexibility, helping maintain or rebuild the other dimensions in adversity.

Insights and Considerations

- Aim for **purpose/value-based identity**, not performance, likes, or metrics.
- Identity is dynamic, shaped by needs, context, and self-perception.
- **True self-esteem** is intrinsic and stable.
- **Contingent self-esteem** depends on external validation and is unstable.
- Integration of identity happens when external pressures are low, leading to authenticity.