

# Self-Perception

The Psychology of Personal Awareness

Chris L. Kleinke

# Self Perception The Psychology Of Personal Awareness A Series Ofs In Psychology

**Heidi R. Thomas**



## **Self Perception The Psychology Of Personal Awareness A Series Of In Psychology:**

**Self-perception** Chris L. Kleinke, 1978 Surveys theories and research concerning self perception discussing such topics as guilt personal adjustment romantic love adaptive relabeling pain influencing attitudes attitude change personal control motivation failure and learned helplessness *Imagining the Future* Karl Szpunar, Gabriel Radvansky, 2018-10-11 One particularly adaptive feature of human cognition is the ability to mentally preview specific events before they take place in reality Familiar examples of this ability often referred to as episodic future thinking include what happens when an employee imagines when where and how they might go about asking their boss for a raise or when a teenager anguishes over what might happen if they ask their secret crush on a date In this book the editors bring together current perspectives from researchers from around the globe who are working to develop a deeper understanding of the manner in which the simulations of future events are constructed the role of emotion and personal meaning in the context of episodic simulation and how the ability to imagine specific future events relates to other forms of future thinking such as the ability to remember to carry out intended actions in the future This book was originally published as a special issue of The Quarterly Journal of Experimental Psychology **Index Medicus**, 2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings

**Author Index to Psychological Index, 1894 to 1935, and Psychological Abstracts, 1927 to 1958** Columbia University. Psychology Library, 1960 **The Theory of Experiential Education** Richard J. Kraft, Mitchell S. Sakofs, 1985

*The Self Across Psychology* Joan Snodgrass, Robert L. Thompson, 2006 Self Perception R. J. Riding, Stephen Rayner, 2001-08-30 The second book in the new series International Perspectives on Individual Differences Self Perception brings together contemporary perspectives on individual differences in psychology Drawing upon an international field of established and new researchers the series presents both theoretical and applied work on the individual difference in human performance The book examines the psychological construct of self perception *The Self in Social Psychology* Daniel M. Wegner, Robin R. Vallacher, 1980 Current theories of the self in social psychology such as self perception theory self presentation theory and self awareness theory are presented with a view toward showing their implications for many aspects of social life A remarkably comprehensive treatment of a variety of topics whose empirical histories are concentrated within the past 15 years The two editors have done a commendable job of extracting good prose from their authors Contemporary Psychology Perception of Self in Emotional Disorder and Psychotherapy Lorne M. Hartman, Kirk R. Blankstein, 2013-11-11 One's view of self has pervasive and significant effects socially psychologically and even biologically Regardless of theoretical differences most psychotherapists agree that perception of self in one way or another profoundly impacts emotional satisfaction behavioral adaptation and rational thinking Self acceptance has played a major role in almost every major theory of personality Despite its recognized importance over the years only recently has the perception of self received vigorous research attention as a central variable in the development and maintenance of psychological dysfunction

and as a mediating mechanism in effecting psychological change Several lines of evidence point to the importance of self perception in emotional disorder and psychotherapy Feelings of inadequacy and unworthiness are frequently cited complaints among persons seeking psychological help People with low self esteem see themselves as helpless and inferior They feel incapable of improving their situation They fail to evidence the requisite inner resources or coping abilities for tolerating the stress of their life situation The ability to be involved in healthy intimate relationships to engage in successful career performance to experience satisfactory sexual functioning or to maintain effective mood management are all subject to disruption as a result of inconsistent and impaired self appraisal **Know Who You Are** Mariel Bard, 2020

Handbook of Self-Knowledge Simine Vazire, Timothy D. Wilson, 2012-05-21 This authoritative handbook reviews the state of the science of self knowledge a key emerging area in psychology Leading investigators describe innovative theory and research that is shedding new light on how and how accurately people perceive their own traits thoughts feelings behavior and relationships Coverage encompasses the behavioral mental biological and social structures that underlie self knowledge approaches to studying self beliefs in specific domains and the motives and biases that influence accuracy The volume explores the personal and societal benefits of self knowledge and also considers possible ways to enhance it

*Self-perception* Jacob A. Sørensen, Nikolaj S. Schultz, 2017 **Self Discovery and Social Awareness** Everett S. Ostrovsky, 1974-01-01 **Psychological Perspectives on the Self, Volume 4** Jerry Suls, 2014-02-25 The primary aim of this volume is to present the most recent advances in the psychological study of the self with a special emphasis on the factors that contribute to self concept and self esteem This volume offers the following features state of the art testimonies of important new research programs on the self valuable reviews and literature on measurement of self concept analysis of sociocultural influences on self an understudied topic until recently new theory on the origins of self enhancement

**Self-awareness** M. D. Ferrari, Robert J. Sternberg, 1998-04-17 This integrative volume brings together leading social scientists to present diverse perspectives on the emergence development and practical role of self awareness Shedding light on the fundamental question of how human beings come to understand who we are in relation to ourselves to others and to the broader world the book does justice to the complexity of its subject while remaining accessible to readers in a wide range of disciplines Chapters cover such topics as developmental and evolutionary aspects of self awareness the self consciousness and theory of mind and connections between self awareness and social affective academic and neuropsychological functioning *The Self* Jonathon Brown, 2014-06-03 Although social psychology has been traditionally focused on interpersonal relationships the cognitive revolution in psychology has had the effect of refocusing some social psychology on intra psychic processes This area of psychology has become very popular in recent years yet there is currently no other textbook available for the study of the self Republished in its original form by Psychology Press in 2007 this book carefully documents the changing conceptions and the value accorded the self in psychology over time It further outlines the many

alternative conceptions of this increasingly central domain in social psychology New research and conceptions are juxtaposed with the classic and traditional providing the reader with a comprehensive introduction to the study of the self

The Perceived Self Ulric Neisser, 2006-11-02 This book brings different ideas to bear on the classical problem of the self Self perception both ecological and social is the earliest and most fundamental form of self knowledge In his introduction Ulric Neisser describes the ecological self as based on direct and realistic perception of one's situation in the environment the interpersonal self as established by social interaction with other people He argues that both of these selves appear in early infancy long before anything like a self concept or a self narrative is possible In subsequent chapters fifteen contributors psychologists philosophers and others elaborate on these notions and introduce related ideas of their own Their topics range from the perceptual and social development of infants to autism and blindness from mechanisms of motor control to dance and non verbal communication The combined contributions of these leading individuals creates an unusual synthesis of perceptual social and developmental theory

Influences and Importance of Self-Awareness, Self-Evaluation and Self-Esteem Heidi R. Thomas, 2022 Self esteem forms a critical component of mental health as an absence of self esteem is associated with mental disorders like depression and even suicidal ideation As such understanding the nature and meaning of self esteem and related phenomena like self perception is essential for treatment of a variety of mental illnesses Chapter One utilizes terror management theory to explain what self esteem is how the need for self esteem develops how people attain and maintain self esteem and why self esteem is so important for psychological well being Chapter Two demonstrates how self esteem is the fundamental mental attitude that provides the qualities necessary to perform democracy and reject authoritarian threats Chapter Three deals with the definition of self awareness the description of the neural substrates that have been associated with it and the examination of an interpretive neuroanatomical model of the phenomenon with a focus on neurological and neuropsychological diseases Chapter Four advocates a culture of self evaluation as part of academic and professional culture through critical reflection on teaching and the results of one's own work Chapter Five analyzes self concept as a predictor of the academic self efficacy perceived by adolescents Lastly Chapter Six studies the relationship between testosterone levels and self esteem in school age boys and girls

Self-Awareness & Causal Attribution Thomas Shelley Duval, Paul J Silvia, Neal Lalwani, 2012-12-06 Self awareness the ability to recognize one's existence is one of the most important variables in psychology Without self awareness people would be unable to self reflect recognize differences between the self and others or compare themselves with internalized standards Social clinical and personality psychologists have recognized the significance of self awareness in human functioning and have conducted much research on how it participates in everyday life and in psychological dysfunctions Self Awareness Causal Attribution A Dual Systems Theory presents a new theory of how self awareness affects thought feeling and action Based on experimental social psychological research the authors describe how several interacting cognitive systems determine the links between self awareness and

organized activity This theory addresses when people become self focused how people internalize and change personal standards when people approach or avoid troubling situations and the nature of self evaluation Special emphasis is given to causal attribution the process of perceiving causality Self Awareness Causal Attribution will be useful to social clinical and personality psychologists as well as to anyone interested in how the self relates to motivation and emotion **The Sense of Self** Alan O. Ross,1992

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