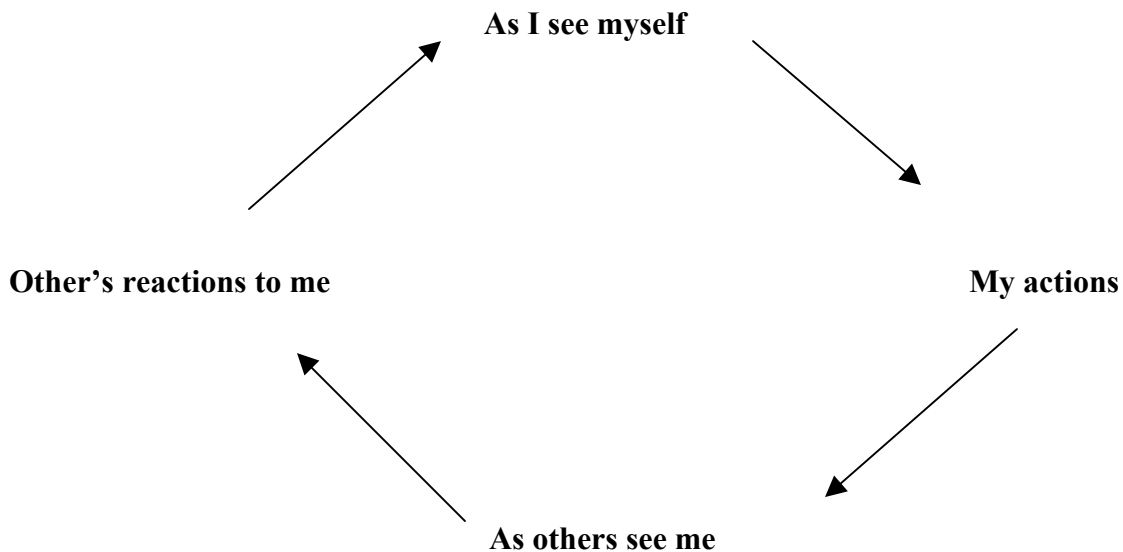


## SELF CONCEPT CYCLE

Self concept is the total picture a person has of herself/himself. It is a composite of the traits, values, thoughts, and feelings that we have for ourselves.

Therefore, a person who has developed a positive self concept will enjoy positive self esteem.

A person's self concept is developed early in life and affects the way that person functions in his/her environment. Children develop self concepts through what they believe the important people in their life feel about them. This is best expressed in the self concept cycle:



“As I See Myself” is formed largely by our own perception of what others think of us. This influences our actions. Our actions in large part determine how others actually do see us and directly influence their reactions to us in return. Their actions again, influence the way we see ourselves. This is a continuous cycle in our lives.

Some people have positive self concepts which make them feel capable and competent. Their actions demonstrate those feelings, and others react positively to their actions, which, in turn, validate those feelings.

Other people have negative self concepts which cause them to lack confidence in their abilities. These negative feelings affect their actions and others in turn will react negatively to their actions, this time validating negative self feelings.