



## *Mother Gaia's Wellness*

**Your Guide through Change**

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### **CONCEPTS & CONSTRUCTS OF SELF**

The concepts of self are based on constructs we have created to deal with our daily lives and past experiences. These individual categories come together to build our 'self'; who we are, what we believe, how we feel, how we think, and so on. These include factual and observational aspects of self-concept.

**Self-Concepts:** the way you see yourself, including who you are and how you fit in the world around you. These are created by self-esteem and self-efficacy. Since self-esteem directly affects our feeling of self-efficacy our perceptions may be distorted. We may see ourselves differently than others do. These include the factual statements we make about ourselves as well as the personal observations that we make that are directly based on personal feelings we have developed about ourselves.

**Self-Constructs:** the collection of thoughts and perceptions that you have created about yourself. These include self-image, self-identity, self-esteem, self-confidence, and self-efficacy. They are the beliefs you have about yourself.

**Self-Identity:** your personal perception of specific characteristics and traits that you feel represent who you are. You can tie your self-identity to a single, a few, or all of your self-constructs. Includes your physical attributes, internal characteristics, roles in society and at home, and external connections. Created by traits, abilities, interests, and/or roles that you construct from your personal identity.

**Self-Image:** how you see yourself and the opinions you have of yourself. It can also include how you feel others see you. Directly tied to strong emotions caused by judgements and perceptions we have of ourselves. Directly influences our self-esteem.

**Self-Esteem:** your personal opinion of your value to others and the world. A direct assessment of your worth based on your self-image. When you see yourself in a positive manner you have high self-esteem. When you see yourself in a negative manner you tend to have low self-esteem.

**Self-Confidence:** your trust in yourself and your abilities and/or aptitudes. High self-confidence means you trust yourself, have a positive opinion about yourself, and believe you are capable of doing something. Directly affected by self-image and self-esteem so improving those can directly improve your self-confidence. High self-confidence leads to personal achievement which directly improves self-image and self-esteem.

**Self-Efficacy:** the belief you have about your ability to perform the necessary actions to complete desired goals and produce pre-determined results. A strong faith in your ability to perform specific tasks and produce your desired outcome. Depends on self-esteem and self-confidence.