

Amelia Leon

PSY441: Psychology of Personality: OA

APA Paper Topic: The Social Self vs. The True Self

The social self is the organized set of characteristics that the individual perceives as being peculiar to himself and herself. On Page 335, “Social self is self-concept based largely on the expectations of others, which has a powerful influence on individuals because it causes them to want to please and have feelings of acceptance, support, and empathy. Individuals tend not to want to express their true feelings by denying them. The true self is a self-concept that is based on our actual feelings about our experience.” True self includes saying how you truly feel and not denying it or waiting for the approval of others, like social self. True self helps you improve your growth through self-realization.