Discovering Your True Self and Social Self

Amelia Leon

Department of Psychology, Alliance University

PSY441: Psychology of Personality: OA

Professor Maret

April 28, 2023

The social self is the organized set of characteristics the individual perceives as peculiar to himself and herself. The true self is a self-concept based on your feelings about experience under unconditional positive regard. In contrast, the social self is congruent with the true self, so we do not need to repress, deny or distort our actual experiences. This experience can symbolize our true selves. When this occurs, we make progress toward self-realization. Unconditional positive regard is a total caring of praising the person for what they are without any reservations or conditions of worth in therapy, the therapist's complete acceptance of the client's expression of negative and positive feelings. This is all stated on Page 335 of our textbook. The social self is primarily acquired through contact with others. Rogers believed that when we interact with significant people in our environment, such as parents, brothers, sisters, friends, and teachers. Once this is done, we evaluate ourselves regarding what others think, not what we feel. Rogers believed that we rely so heavily on evaluating others because we have a strong would lie about their feelings. Rogers believed, consequently, the desire for positive regard from others may become irresistible. For example, if a group of friends is hanging out at one of their friend's birthday parties and they realize that one of their friends looks sort of down, like she is extremely sad or depressed, and you ask her in front of the whole friend group are you ok? Is something wrong are you sad or depressed? She replies I am fine. I am ok, just tired, but you have a gut feeling that she is depressed but feels too embarrassed to say anything in front of everyone because she probably might be the introverted person in the group who is shy and does not speak much and but she just answered the question being asked because everyone in the friend group kept repeating the questions you were asking her. Hence, she just responded so she would be left alone. I believe that in the social self, people will lie about what they feel because they feel that they need to watch what they say so that nothing will affect the good image that everyone has of

them; this has to do with the social self. Their pleasing appearance impacts their social status vs. their true self, introverted, quiet side. They should feel ashamed or embarrassed about sharing their authentic self because that shows that someone is transparent and trusts the people they are discussing their true sense with; otherwise, they would not do it. In today's society, it is ok for people to admit they are not ok; they are depressed; although it is not easy, this will be the only way to get the support they need; people will not be able to help if they do not know you are hurting, sad, depressed. According to Loner Wolf's How to Be Your True Self in a Society That Worships Fakeness, "Your true self is you when you're at your most open, vulnerable, and carefree. Think about the times you spent with those you are 100% comfortable with or the times when you've been completely alone; these circumstances often reveal your true self; when you write about your true self, you are writing about the most authentic expression of your character and personality many people are quite confused when it comes to the common expression be your authentic self. Authenticity is about embracing yourself as you are in the present moment. There is no need to try and become more genuine because it will only create more suffering; being your true self is about being exactly who you are; whatever that looks like, it's about understanding and accepting the fact that being flawed is perfectly fine it's about embracing all the ugliness, weirdness and defects inherent in your nature. It is about working with your strengths, making peace with your weaknesses, and not trying to be anyone else."

Now you may ask yourself, how do I become my true self? This article mentions that "your true self isn't becoming anything; it is about looking at yourself in the present moment and accepting all your beauty and ugly awkwardness combined. You need to develop self-awareness, come clean to yourself, and own up to who you really are; you need to stop pretending or

imitating other people; you need to accept your imperfections, explore the ways that you may be enmeshed with your parents, begin to not depend on others for validation or self-worth which is easier said than done, you need to allow emotions and feelings to emerge and embrace your vulnerability this will help you to feel more comfortable in your skin , you need to let go of the fake and insecure friendships or relationships that don't support you expressing your true self because they are just not worth it , you need to keep a journal which will allow you to become self-aware and understanding of your own thoughts feelings dreams and values, you need to say what you mean as much as possible, be direct and straightforward, be vulnerable with yourself and admit when you're feeling scared, lonely, ashamed, or ugly, you need to know when to walk away from situations that demand you to be someone else, by being your true self you will inspire others to be true to themselves as well you also make people feel more comfortable around you which is of course secondary to your own experience of being more free and comfortable with simply being you also will be able to connect much more deeply with people and form more satisfying relationships remember that being your true self is a present moment practice it is not about pursuing some ideal self in the future it is about tuning into exactly who you are and how you feel in the moment and embracing all of that." All this information about the true self mentioned previously in this particular article defines how a person can be their authentic self, what it means to be their true self, what steps they need to take to become their true selves, and how that being their true selves, they can become an inspiration to others to be their authentic selves and create deeper connections with people that are more satisfying relationships where each person is free to be their authentic self; who they are and not hide it and be someone they are not. According to Success's six steps to discovering your true self, "To discover your true self is the most crucial skill you can possess. When you know who you are,

you know what you need to do instead of looking for permission from others. It allows you to bypass tons of frustration caused by putting time into the wrong things. Once you know yourself, you will become more confident, understand your purpose, and begin significantly impacting the world. In discovering your true self, the six steps you should follow are step one be quiet; Take the time to be still; step two is to realize who you indeed are, not whom you want to be; when you know who you are, you will finally see where you and your specific gifts fit into the bigger picture, step three is finding what you're good at; what your strengths are and what you're not good at; what your weakness is, step four is found what you are passionate about, step five ask for feedback, and lastly step 6 assess your relationships; which friends are really on your team; what to be there to support you show up for you, and which relationship are just toxic and cause you stress and include people who are just all about themselves who are selfish and who just want to be your friend when it benefits them, for example, they are your friend to get to go to events to get an opportunity to get to go to places they never been but do not show up when you need them if you are going to an amusement park like Six Flags or Donkey park or going laser tag or bowling , they show up but when you are just have a rough day at school they act like they do not know; that is a fake friend because you cannot act like you know someone just to get to go to movies or amusement park and then work like they do not know you when you are at school that is messed up; you need to let them go because they are just using you.; that is an example of a relationship that is not worth keeping because all they want is to go to all the cool places you go to like amusement park, bowling , or laser tag, and not be there when your friend needs you to talk to and give good advice. It will not be easy to end connections, but this is just a part of you becoming your true self.

According to Can you see the Real Me? Activation and Expression of the True Self on the Internet, “Rogers’ 1951 notion of the true self was informed by Jung’s 1953 distinction between the unconscious self and its public mask, the persona. Rogers theorized that much of what therapy has to do with the client feeling that he was not being his real self; often, he did not know what his real was and felt satisfaction when he had become more truly himself. For Rogers, an important feature of the therapy process was the work toward discovering the true self so that the person could express it more freely in their interactions with others. The true self is thus conceptually distinct from both the ideal self or problem-selves on the one hand and the actual self on the other because Rogers, in 1951, viewed the true self of his clients as actually existing psychologically; a present, not a future version of self, but not fully expressed in social self, not the actual self.” Rogers in 1951 “true self “inspired Jung 1953 to create “the unconscious self and its public mask.” This is a perfect example of how two psychologists inspire others to tell their true self because the unconscious self and its public mask defines a person who wears a mask and is not showing their true self to the public, to the world, and being someone there is not which goes with true self because to get rid of that public masks you need to reveal your true self. You must say what you want and think now instead of just saying what people want to hear. If they have an issue with you revealing your true self, that shows they do not want the best for you and are not your friend because if they are your friend or someone who cares about you, then they would want the best for you, no matter what. There is a scripture that comes to mind when thinking about your true self is John 8:31-32 which talks about how the truth will set you free, “So Jesus was saying to those Jews who had believed him if you continue in My word, then you will know the truth, and the truth will set you free.” This scripture relates to the true self because if you are your true self, it will set you free from being a fake version of

yourself that you are just to fit in. Still, you should not be afraid, especially if you are a believer, because God will be there with you. As a believer, you know God will not put people in your life without a reason or purpose because God puts people in your lives to guide us on our path to help us continue to stay on track on your spiritual journey that honors God.

According to Sapien Labs,' What is Social Self in Psychology? Complete Guide, "Social self refers to how we perceive ourselves concerning others. It involves relationship building, empathizing, and communicating. A healthy, or not-so-healthy, social self will also impact your mental well-being and ability to meet life goals. That is because much of our world is social and involves social interactions. If you are wondering what, a person with a positive social self might experience a healthy sense of self-worth, including body image, strong connection and emotional bonds with friends and family, and an ability to communicate effectively and appropriately communicate with people verbally and nonverbally, and have empathy and understanding of other people's perspectives". The social self is how you behave when conversing with others. Social self-impacts your mental well-being because a person can get stressed, especially in a new environment, because there is always the thought of fitting in, and this will impact their image and the idea of fitting in is stressful, especially in a new environment because the feeling of not knowing anyone. In your social self, you can determine where you feel you belong as your social status is well known. To be less stressed as your social self, you must find ways to be confident and comfortable with your feelings and stand up for yourself.

In conclusion, the social self is how a person views his or herself when interacting with others. The true self is when people are open, transparent about their feelings. Social self includes building connections. True self includes defining who you are and how you can be who

you are to others without being a fake version of yourself. Both social self and truth are essential in life. Being your true self in front of others shows you are comfortable with the people around you because if someone does not feel comfortable, they will not reveal who they are. Introverted or extroverted people will impact their social self because they are very quiet and introverted.; Their social self would include being alone, which is sad, but if they are true to themselves, that is just the type of person they are, and extroverted is when someone is outgoing and socially confident. Remember that we need to be confident and comfortable in who we are and remember that you need to be true to yourself.

References:

Aletheia. “How to Be Your True Self in a Society That Worships Fakeness.” *LonerWolf*, 25 Mar. 2022, https://lonerwolf.com/how-to-be-your-true-self/#:~:text=Let%20go%20of%20fake%20and,%2C%20feelings%2C%20dreams%2C%20and%20values.

Smith, Adam. “6 Steps to Discover the Real You.” *SUCCESS*, 2 Apr. 2022, https://www.success.com/6-steps-to-discover-your-true-self/.

Bargh, John A., et al. “Can You See the Real Me? Activation and Expression of the ‘True Self’ on the Internet.” *Journal of Social Issues*, vol. 58, no. 1, 2002, pp. 33–48., https://doi.org/10.1111/1540-4560.00247

Labs, Sapien. “What Is Social Self in Psychology? Complete Guide - Sapien Labs: Neuroscience: Human Brain Diversity Project.” *Sapien Labs | Neuroscience | Human Brain Diversity Project*, 25 Oct. 2022, https://sapienlabs.org/mentalog/what-is-social-self/#:~:text=Social%20self%20refers%20to%20how,ability%20to%20meet%20life%20goals.