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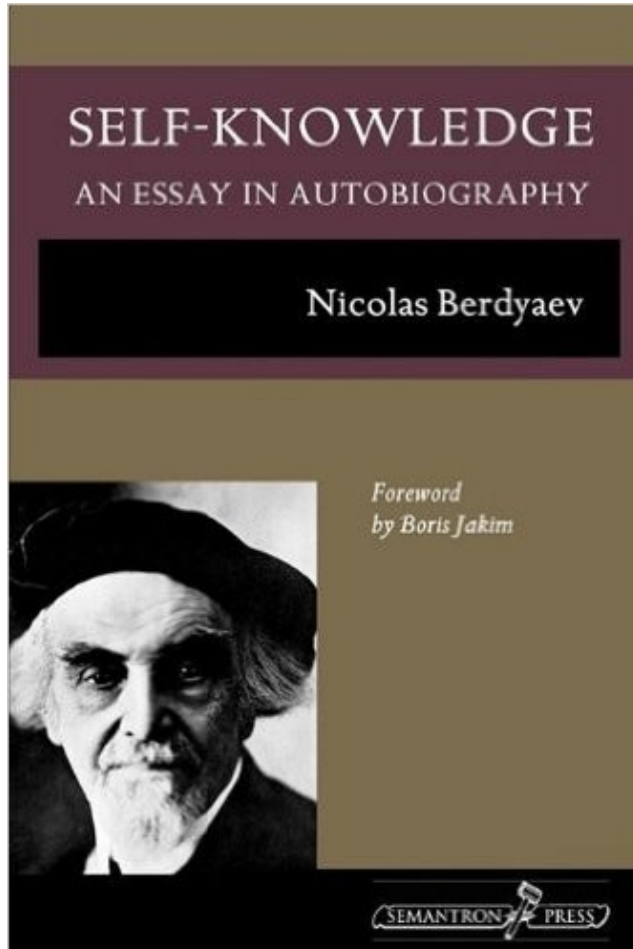
Psychology of Self-knowledge

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“Nobody fully opened the secret of personality. The personality of a human is more mysterious than the world. It is the whole world. Man is the microcosm and contains everything”

Nikolas Berdyaev

Self-knowledge: basic approaches to the understanding



Man is the two fold creature - magnificent and poor. "I do not aim to hide myself in my mind ..., I leave a lot to be hidden and not even try to uncover it. There are myself borders deliberately set. I do not aim to expose myself ..., I'm wondering to comprehend my spiritual path ".



What is the difference
between knowledge
and self-knowledge?

- Self-knowledge is a complex multilevel process, that is individually expanded over time. Man learns the environment and at the same time – himself, through active interaction with the world.
- Self-knowledge is a dynamic process that never ends, because, firstly, there is a constant development of cognitive abilities itself; secondly, the object of cognition – person - changes itself.

"Know yourself"

Self-knowledge: basic approaches to the understanding

Among contemporary philosophers we should pay additional attention to the work of Michel Foucault, the famous French philosopher and historian of XX century, who also paid much attention to the concept of self-knowledge. Foucault associates the call for self-knowledge with the requirement of care about himself. Self-knowledge is interpreted as a special case of person's caring about himself.

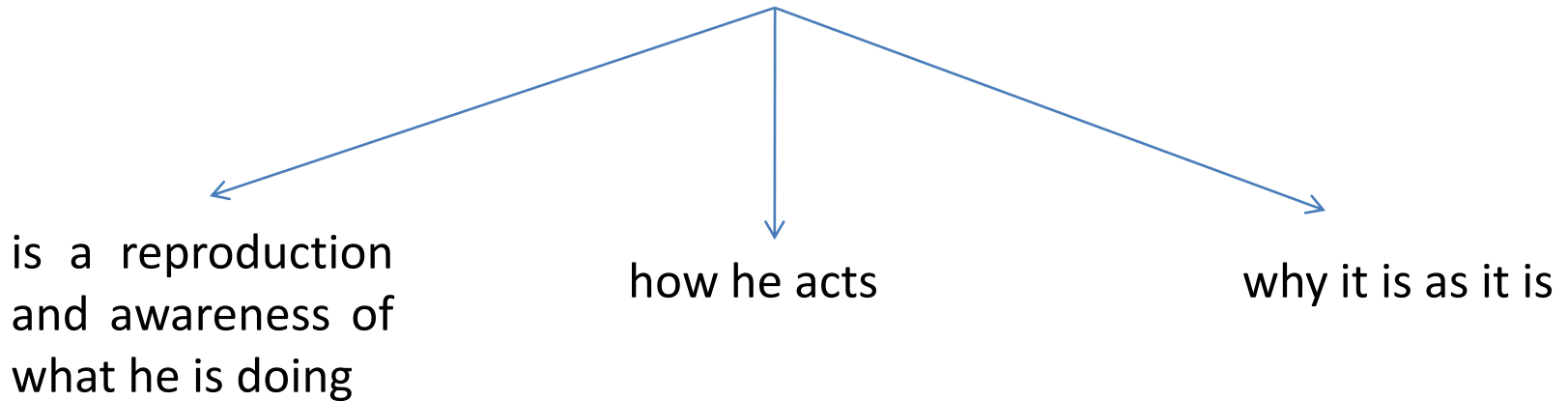
Psychological meaning of self-knowledge

Self-knowledge is the primary link and the basis of existence and manifestation of **consciousness**. Through self-knowledge person acquires certain knowledge about himself. This knowledge is included to the content of consciousness as its core. In the process of interaction with the world man, being an active character, discovers it, and at the same time discovers himself. **The self-knowledge of human can only be realised through the relation of a certain person towards the others** through the various forms of communication between own "self" and "self" of other people. **Self-knowledge** as a process appears in a constant motion from one to the other knowledge about self, and that **is a process of self-improvement**.



*The set of mental processes by which the individual becomes aware of being the subject, is called **self-consciousness**, and his idea of himself creates a certain image of "self".*

Self-knowledge in everyday human life



and so on

Self-knowledge: basic approaches to the understanding

The product of
self-knowledge



Self-conception

Self-conception is a combination of all the individual perceptions of himself, connected with his assessment.

Robert Burns

Modern studies present different types of self-knowledge.

William Nasby provides "private" and "social" self-knowledge:

- "Private" is knowledge of the hidden aspects of "self", which only the subject can observe (eg, his true feelings, thoughts, goals, motivations, desires, etc.).
- "Social" provides the display of an open, visible aspects of the "self" (eg, physical appearance and behaviour in the state of affect, anxiety or joy).

Understanding of self-knowledge in Psychoanalysis

In classic psychoanalysis an important part of self-knowledge is awareness of the displaced in the unconscious.

A. Adler sees the sense of self-knowledge in knowledge of human its true life purpose, which is hidden from the individual often by the false goals that motivate him to superiority over others, to power and so on.

Understanding of self-knowledge in Psychosynthesis

The main idea of self-knowledge is achieving **inner harmony** and unity with the Supreme Self. To find inner harmony, he should define and understand its subpersonalities, disidentification with those of them who took over most of "power" and to find the full control over all its subpersonalities.

Understanding of self-knowledge in Gestalt Therapy

Self-knowledge is defined as a mean to personal maturity.

F.Perls identifies the following indicators of personality maturity:

- the ability to find support from inside, not from others;
- ability to take responsibility;
- to mobilize own resources in difficult situations;
- to take risks to get out of the dead end.

Understanding of self-knowledge in Humanistic Psychology

It shows self-knowledge as a necessary condition for self-development of personality, for self-actualization, i.e. the ability to become the one that person is able to become, not the one who impose him to be by social environment.

CONCLUSIONS

Three important meanings of self-knowledge:

- for religious person self-knowledge is a way to unite with God through the knowledge of a Divine origin in himself;
- on the facile psychological level self-knowledge is as means of the fullest usage of own abilities, skills in life and activities or as means of managing other people;
- on a deep psychological level, which the science is trying to uncover, self-knowledge - is the way of gaining mental and psychological health, harmony and maturity, capacity for self-development and self-actualization.

Workshop

What do you think how many
emotional feelings exist ?





Paul Ekman allocates 3000 basic facial expressions that express emotions.

Only eyes can convey 85 shades of emotions.

How many emotions do you know?



The more emotions you know, the
more realities you open



EMOTIONAL DICTIONARY

- **Pride** - emotion; a sense of self-dignity, self-esteem.
- **Disgust** - emotion or feeling; experience of extreme level of rejection of anything.
- **Hostility**—feeling of rejection towards something (person, group of people, some action, etc.). It may be expressed actively (anger, spite, rage, etc.) or passively (jealousy, contempt, etc.).
- **Wrath** - affect; reaction to demonstrated injustice with the desire to resolve it; a healthy reaction of person towards breaking his personal boundaries.
- **Sorrow** - the experience of losing someone (usually a beloved one) or something. It is a valuable emotional feeling after the death of a beloved person.
- **Euphoria** - affect; experience a feeling of complete happiness, pleasure and joy simultaneously.
- **Pity** - feeling a sense of injustice of suffering another (human, animal) while person has his own well-being. Often associated with a feeling of superiority.
- **Horror** - affect; extreme level of fear, feelings of threat of existence. Accompanied by consternation, body and breathing stupor, and other physiological changes.
- **Envy** - feelings of discontent about the success of another person.
- **Disappointment** - passive emotion; strong feelings of dissatisfaction, unfulfilled hopes.
- **Admiration** - affect; feelings caused by something that greatly exceeded expectations and fully corresponds to the inner needs.
- **Anger** - active emotion; feelings of hostility toward anyone or anything. The content of anger similar to the wrath but is less bright in the feeling.
- **Interest** - active emotion; associated with the need to learn something new, increased attention to anything.
- **Fury** - affect; the most intensive feeling of human, an extreme form of anger. In a state of fury, rage people lose sense of reality. Accompanied by extraordinary increase of physical strength and endurance.
- **Awkwardness** (in the context of emotion) - active emotion; caused a sense of wrongness of own actions in the presence of others.
- **Boredom** - passive emotion or state; feeling the lack of interest in anyone or anything.
- **Offence** - feeling that occurs when someone feels strong injustice to himself. This anger is directed inward. Offense usually occurs in relationships with beloved ones.
- **Panic** - affect; feelings of impending danger of losing a sense of reality and self-control.

EMOTIONAL DICTIONARY

- **Astonishment** - active emotion; caused by the sudden appearance of something unexpected, unusual.
- **Scorn, disdain**—feeling of the complete neglect, indifference, extreme disrespect. Contempt can often be followed with the sense of superiority. It is the opposite of respect.
- **Oppression** - passive emotion or state; feeling of a crushing burden (weight).
- **Vexation** - passive emotion; because of dissatisfaction with the state of failure.
- **Guilt** - feeling that is experienced in the sense of personal responsibility for the injustice that happened. Guilt "eats" the person inside.
- **Joy** - active or affect emotion; feeling of pleasure.
- **Jealousy** - feeling or affect; feeling, which occurs when person feels the threat of sole possession of some person.
- **Confusion** - a condition that is caused by lack of knowledge about what to do in the certain situation.
- **Irritation** - active emotion; feeling of dissatisfaction with someone or something. Emotion can also be associated with unpleasant impact o external or internal factors on the senses.
- **Despair** - passive emotion or condition; experiencing impotence to achieve a result. One of the symptoms of depression.
- **Disappointment** - feelings of dissatisfaction of dashed hopes, beliefs.
- **Sympathy** - feeling of acceptance, approval of another person (his attitudes, behaviour, appearance, etc.).
- **Sadness** - passive emotion; feelings of dissatisfaction.
- **Shame** - active emotion; person experiences a feeling of complete rejection of something of his life by other people.
- **Calmness** - a state of inner emotional balance.
- **Fear** - an emotion or state; feeling is associated with actual or apparent threat to life, health or welfare of person.
- **Anxiety** - active emotion or state; feeling of threat that is coming, waiting troubles; inner uncertain, social “background” fear. Anxiety is associated with a sense of uncertainty. In the anxiety people badly feel reality.
- **Wistfulness, yearning** - passive emotion; desire for something that is not nearby. In the experience of anguish people cannot accept reality, it is filled with images of the past or desired future.
- **Shock** - affect; occurs at extremely fast unpredictable situations; when human activityis abruptly slowed by the external event.

“Emotional diary”

- It is a self-report method
- It was designed by Vilunas and Pocevicius
- Emotional diary contains special units, that respondents are used while recording various feelings and current emotional states they experience in different life situations, using method of introspection.

Instruction

During two weeks you have to mark in the diary emotional character, intensity, duration of emotional feelings, and also type of activity, during which they arise.

Date	Emotional experiences (feelings)	Character (+,-)	Duration	Type of activity	Intensity -5-4-3-2-1 0 1 2 3 4 5

Processing of results:

- Determine the duration of emotional experience of different intensity as a percentage of all time activity.

Intensity	-5-4-3-2-1 0 1 2 3 4 5
Duration, %	

- Define the scope (X_{\max} та X_{\min}) and the Mean (average) of intensity of emotional life.
- Determine Mean - the average level of emotional experiences for separate types of activities.

Make conclusions

Analyse features of emotional experiences in their daily lives, their intensity, and quality specifics, based on quantitative and qualitative data analysis

YOUR TASK

You should think

What types of self-knowledge should be allocated ?

What are the advantages and disadvantages of self-report method in evaluating emotions?

You should do

Emotional diary

You should read

Horney K. Self-Analysis / chapter 1 “Feasibility and Desirability of Self-Analysis”

You should write

Essay on the next topic “Self-knowledge is a self-baring, or not ?”

Several questions based on the reading of Karen Horney.



QUESTIONS?

Thank You!

