



MASARYK UNIVERSITY  
Czech Republic



# ***Psychology of Self-knowledge***

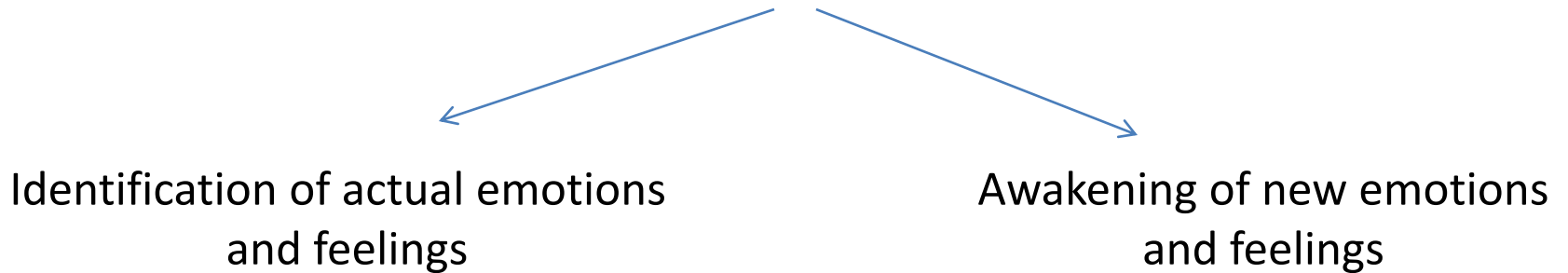
## *3 lecture*

*Olexandra Loshenko, Ph.D.*

**Emotional self-awareness** - is a cognition of our own emotions and feelings that disclose personality with the aim of self-transformation.

**Emotional self-awareness** can be seen as a way of human interaction with the world, in fact, as a process and as a statement of the result of this interaction, and as the external aspect of self-knowledge.

## Functions of emotional self- awareness



***The purpose of emotional self-awareness - realization of emotional exchange.***

## Emotional self-awareness of personality

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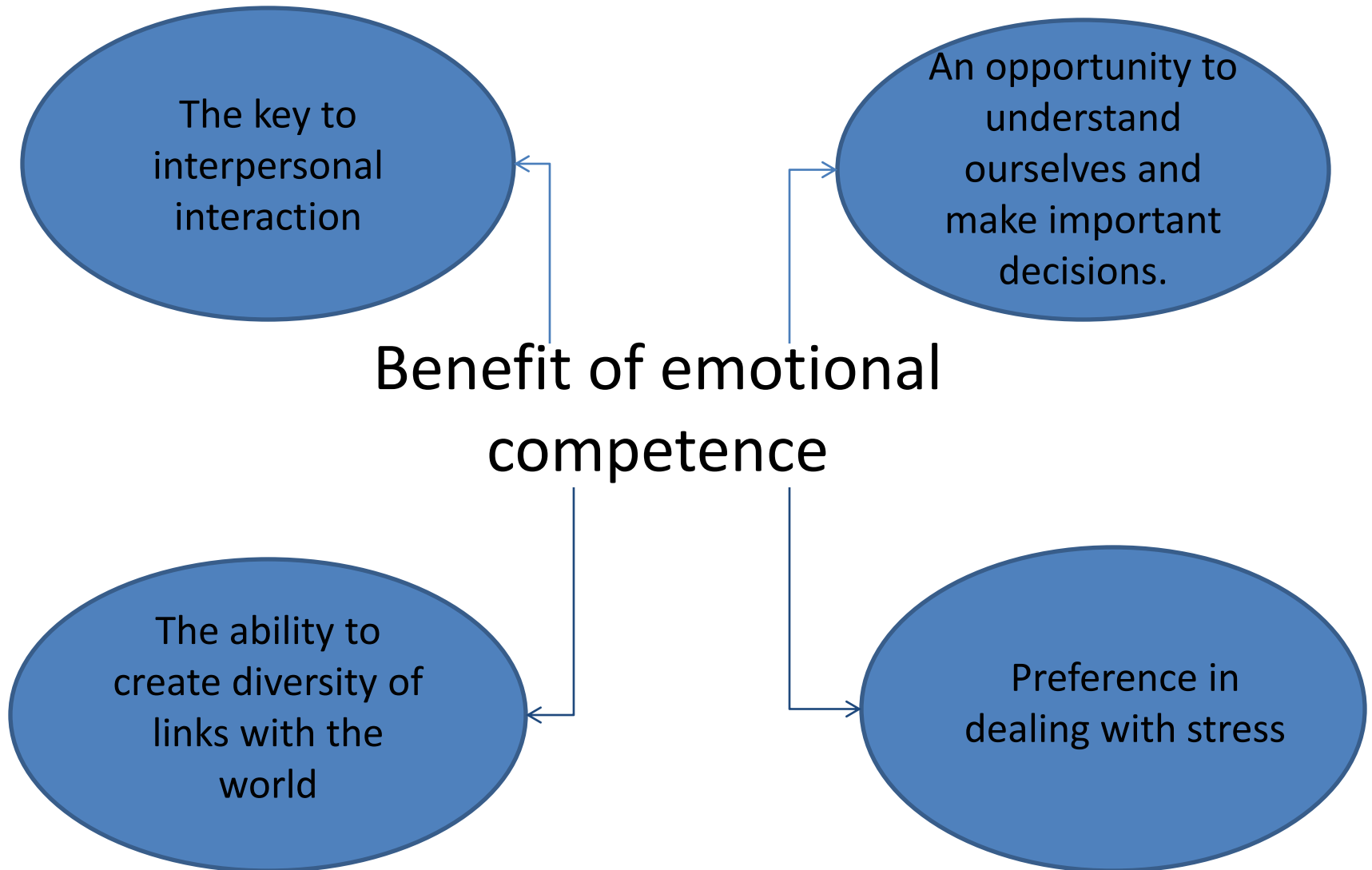
"Emotion - is the inevitable part of life. People should know about the fact that it is not harmful for making rational decisions".

(D. Goleman)



# Emotional self-awareness of personality

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## *The structure of emotional competence*

Personal competence

- understanding ourselves
- self-regulation
  - motivation

Social competence

- empathy
- social skills

## Understanding ourselves

- ❑ emotional understanding of ourselves
  - ❑ adequate self-esteem
    - ❑ self-confidence



## Self-regulation

- self-control
- reliability
- conscientiousness
- adaptability
- openness to something new





## Motivation

- ❑ the motive of achievement
  - ❑ obligatoriness
    - ❑ initiative
    - ❑ optimism





## Empathy

- understanding of others
- promoting the development of others
  - service orientation
  - use of diversity
  - political sensitivity



## Emotional self-awareness of personality

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### Social skills

- persuasion
- communication
- conflict resolution
- leadership
- catalyzation of changes
- creating links
- collaboration and cooperation
- ability to work in a team

### *The structure of emotional competence by C.Saarni*

- awareness of own emotional states;
- ability to distinguish the emotions of others;
- the ability to use a dictionary of emotions and expressions adopted in culture;
- capability sympathetic and empathic inclusion in experiences of others;
- the ability to understand that the internal emotional state does not necessarily correspond to the external expression both the individual and other people;
  - ability to cope with negative feelings;
  - the realization that the structure and nature of the relationship is largely determined by how emotions are expressed in the relationships;
    - ability to be emotionally adequate.

### *The structure of emotional competence by O.Loshenko*

- self-acceptance
- awareness of own emotional states and their expression
- the ability to recognize the emotions of others
  - emotional self-improvement
  - self-regulation and regulation emotions of others

**Self-acceptance** - is positive attitude towards ourselves and our past. Ability humorous look at things that occur in life.

**It consists of:**

- ✓ self-love (as love to ourselves)
- ✓ self-esteem
- ✓ self-trust.



**Awareness of own emotional states and their expression** (emotional self-awareness) - the ability to understand own feelings and experiences at any time, the ability to talk about them, the ability to gain knowledge about what is happening around us.

### **It consists of:**

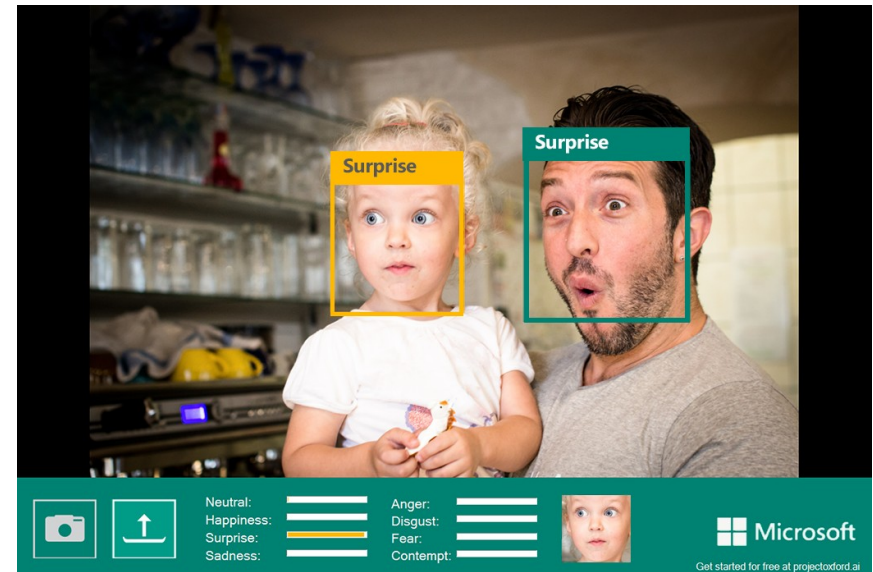
- ✓ self-awareness
- ✓ introspection
- ✓ self-esteem



**The ability to recognize the emotions of others** - at the same time, means the ability to maintain positive relationships with others. The ability to recognize the emotions of others - is a complex process that transforms the perceptual experience to inner experience, modifying it.

**It consists of:**

- ✓ sympathy
- ✓ openness
- ✓ empathy





**Emotional self-improvement** - the ability to develop own potential, openness to new experience.

**It consists of:**

- ✓ emotional literacy
- ✓ openness
- ✓ activity



**Self-regulation and regulation emotions of others** - is the ability to receive and control the feelings and emotions own, and others. The ability to use emotions to achieve goals.

**It consists of:**

- ✓ self-control
- ✓ sociability
- ✓ trust to ourselves

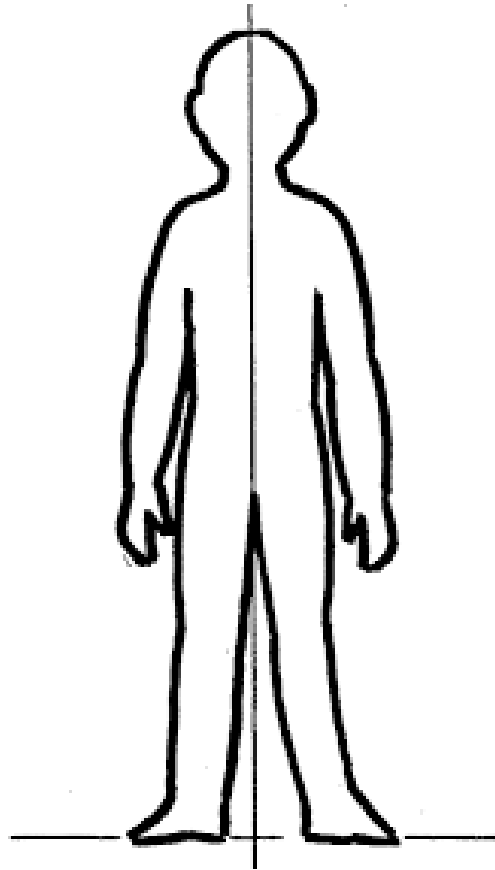


### **Criteria of emotional competence:**

- ✓ the level of emotional literacy,
- ✓ the ability to use emotional knowledge in practice,
- ✓ the formation of all components of emotional competence of personality.

# Emotional self-awareness of personality

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# Emotional self-awareness of personality

## Bodily maps of emotions

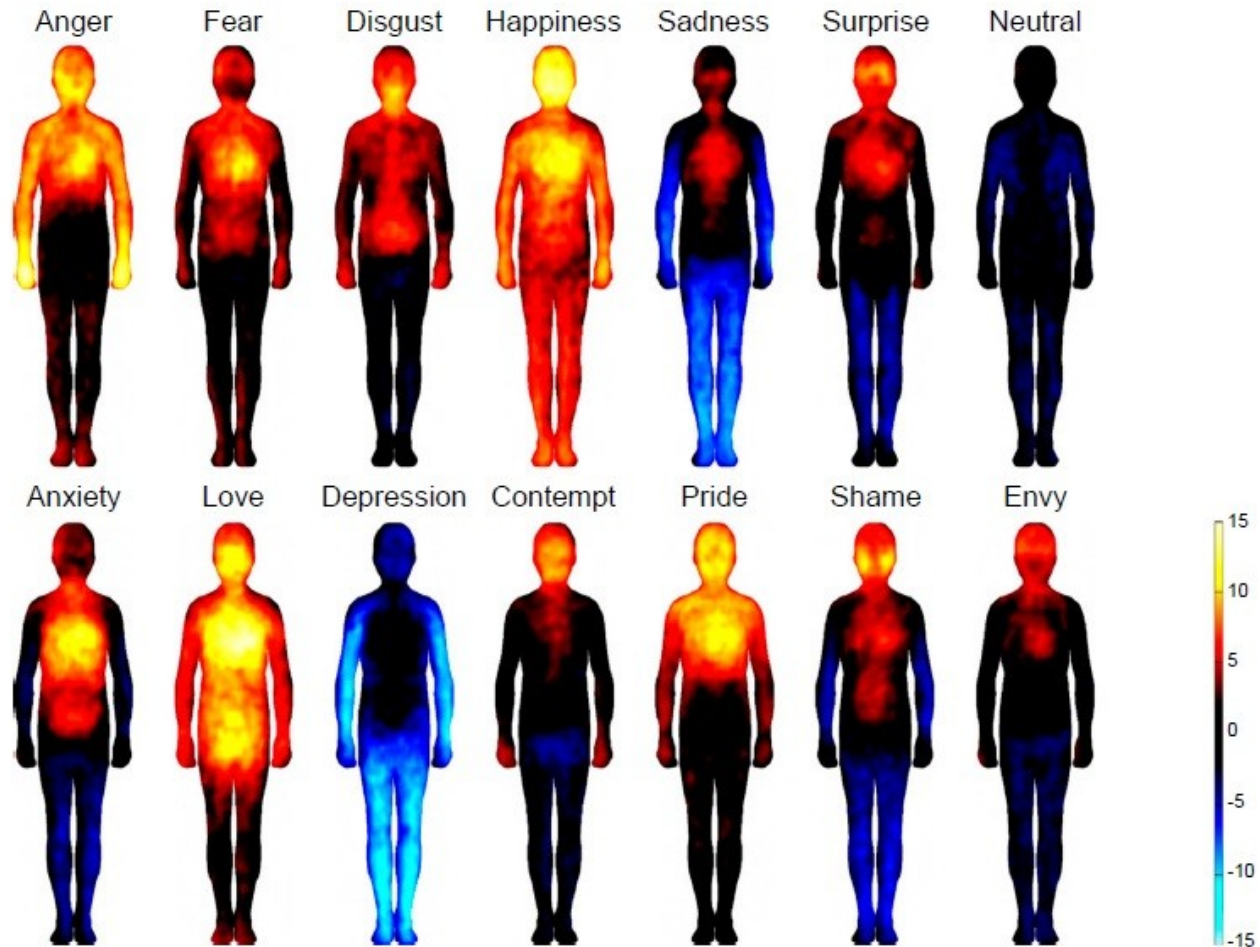


Fig. 2. Bodily topography of basic (*Upper*) and nonbasic (*Lower*) emotions associated with words. The body maps show regions whose activation increased (warm colors) or decreased (cool colors) when feeling each emotion. ( $P < 0.05$  FDR corrected;  $t > 1.94$ ). The colorbar indicates the  $t$ -statistic range.

# YOUR TASK

## *You should analyze*

The role of emotional self-knowledge on the way to the interaction with the world.

The emotional readiness of the individual to change.

## *You should do*

Emotional diary

## *You should read*

Bodily maps of emotions by Lauri Nummenmaa, Enrico Glereana, Riitta Harib, and Jari K. Hietanend

Universals and cultural differences in facial expressions of emotion by P.Ekman

## *You should write*

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

Several questions based on the reading of new articles

*Thank You!*

