



## *Lesson 4*

### **WHAT IS SELF-CONCEPT?**

How we perceive ourselves and what we think about ourselves is Self-Concept. Whatever we believe about ourselves including our physical traits, emotional, intellectual traits, self-esteem, etc together make up how and what we perceive ourselves to be. This awareness about the self is called Self Concept.

### **Self-Concept Inventory Exercise**

**Instructions:** Take up a piece of paper and start writing words and phrases in as many varied ways you can describe yourself and also your strengths and weaknesses. Take your time and write down as many words or phrases as you can. After you are done, segregate whatever you have written down into positive and negative traits.

### **Physical appearance**

(Include descriptions of your height, weight, facial appearance, quality of skin, hair, style of dress, as well as descriptions of specific body areas such as your neck, chest, waist, and legs)

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**How you relate to others**

(Include descriptions of your strengths and weaknesses in relationships with friends, family, coworkers as well as how you relate to strangers in social settings)

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**Personality**

(Describe your positive and negative personality traits)

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**How other people see you**

(Describe the strengths and weaknesses that friends and family might see in you)

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**Performance at school or on the job**

(Describe how you handle a major task)

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**How you think**

(Describe how well you solve problems)

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After you are done with filling in the answers to the questionnaire, you should have a session with your counselor. Let your counselor know how you perceive yourself and what you believe others see you as. This will help them have a deeper and better understanding of you and they would be in a much better position to guide you in moving ahead better in life.