

Self-concept is made of several dimensions which include your **real self, perceived self, ideal self, public self, private self, professional self, social self, intellectual self, emotional self, physical self, and artistic self.** Below are several examples that show these dimensions. In the space next to each example, write the dimension that is being expressed.

Public or Social

9. Jane acts like she is having a great time at the school dance.

Intellectual

10. Joseph is studying for final exams in the school library.

Professional

11. A bank manager greets a customer with a handshake as they enter the bank.

Physical

12. Lupe is rock climbing because she loves it and it keeps her in shape.

Private

13. JoAnn is saying her prayers silently before going to bed.

Emotional

14. Sarah cries while she is watching the movie Braveheart.

Artistic

15. Chris creates his personal profile collage by drawing his favorite things.

Several factors can influence your self concept such as how you are seen and treated by others, your expectations and standards you set for yourself, and how you compare yourself to others. Give a personal example of something that has had an influence on your own self-concept and explain it's effect on you.

16. Answers will vary.

Below is an example of the Johari window. Match the examples given with the space it would occupy in the window.

1 Open	2 Blind
3 Hidden	4 Unknown

- 4 17. When he was two, Jack fell into a lake and almost drowned. To this day he tends to avoid going into water and isn't sure why.
- 1 18. As a cheerleader, Janice enjoys performing in front of crowds.
- 3 19. Julia appears to be confident, but she has an extreme fear of spiders.
- 2 20. Bret's friends claim that he can be silly at times, although he thinks he always serious.