

The Self

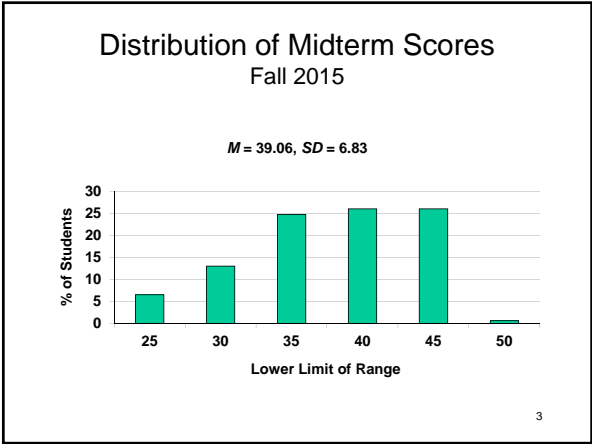
Fall 2015

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Feedback on Midterm Examination

- Initial Scoring: $M = 31.63$ (63.2%), $SD = 9.15$
 - Reliability (Coefficient Alpha) = .79
- 4 “Bad” Items: 6, 12, 13, 15
 - Rescored, Full Credit to All Students
- Rounded Final Score Up
- Rescoring: $M = 39.06$ (78%), $SD = 6.83$

2



Requests for Regrades

- In Writing to the GSI Who Scored Item
 - 1-7, Amanda; 8-15, Yael
- Paragraph
 - Your Answer Is As Good or Better than Guide
- Fresh Rescore – New Score May Be Lower
- Don't Ask for ½ Point
 - Exam Total Scores Already Rounded Up

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Social vs Nonsocial Cognition Qualitative Differences

- Object of Perception as Sentient Being
 - Intelligence, Consciousness
 - Counteracting Impression Formation
 - Impression Management, Strategic Self-Presentation
- Neuroscientific Doctrine of Modularity
- Subject-Object Distinction
 - Self as Knower
 - Self as Object of Knowledge

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William James on the Self

James (1890), pp. 1, 221

Psychology is the science of mental life.

Every thought tends to be part of a personal consciousness.... It seems as if the elementary psychic fact were not *thought* or *this thought* or *that thought* but *my thought*, every thought being owned....





On these terms the personal self rather than the thought might be treated as the immediate datum in psychology. The universal conscious fact is not "feelings and thoughts exist" but "*I think*" and "*I feel*"....

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The Self in Social Psychology

Funder (2013); Gilovich et al. (2013); Taylor & Fiske (2013)

- Self-Actualization
- Self-Adaptors
- Self-Affirmation
- Self-Attention
- Self-Awareness
- Self-Categorization Theory
- Self-Censorship
- Self-Compassion
- Self-Complexity
- Self-Concept
 - Possible Self
 - Relational Self
 - Self-Schemas
 - Working Self-Concept
- Self-Conscious Emotions
- Self-Control
- Self-Determination
- Self-Direction
- Self-Discrepancy Theory
- Self-Distancing
- Self-Efficacy
- Self-Enhancement
- Self-Esteem
 - Collective
 - Implicit and Explicit
 - Self-Centered Bias
- Self-Fulfilling Prophecies
- Self-Handicapping
- Self-Improvement
- Self-Knowledge
- Selfless-Self
- Self-Limitation
- Self-Monitoring
- Self-Perception
- Self-Presentation
- Self-Promotion
- Self-Protective Style
- Self-Referencing
- Self-Regard
- Self-Regulation
 - Ideal Self and Ought Self
 - Self-Affirmation
 - Self-Evaluation Maintenance
 - Self-Control Dilemmas
 - Self-Efficacy
- Self-Relevant Knowledge
- Self-Reports
- Self-Schemas
- Self-Selection
- Self-Serving Bias
- Self-Transcendence
- Self-Verification Theory

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Aspects of Selfhood


James (1890)

- **Material Self**
 - Body, Family Relations, Possessions
- **Social Self**
 - Self as Viewed by Others
- **Spiritual Self**
 - Emotions, Drives

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Gordon Allport on the Self

Allport (1961), p. 128



This puzzling problem arises when we ask, “Who is the I who knows the bodily me, who has an image of myself and sense of identity over time, who knows that I have propriate strivings?”

I know all these things and, what is more, I know that I know them.

But who is it who has this perspectival grasp...?

It is much easier to *feel* the self than to *define* the self.

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The Self

Kihlstrom & Cantor (1984)



- Mental Representation of Oneself
 - Attributes of Which One is Aware
- Includes
 - Traits (Characteristic Behaviors)
 - Emotions, Attitudes
 - Goals, Values
 - Appearance
 - Demographics
 - Possessions
 - Relationships with Others

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Forms of Mental Representation

Anderson (1995)

- Perception-Based
 - Represent Physical Appearance of Object/Event
 - Spatio-Temporal Relations
 - Analog: "Mental Image"
- Meaning-Based
 - Abstracted from Perceptual Details
 - Meaning, Categorization
 - Propositional: Verbal Description

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The Self as a Knowledge Structure

Mental Representations of Oneself

- **Meaning-Based**
 - **Self as Concept**
- Perception-Based
 - Self as Image

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The Self as a Concept

- List of Attributes
 - Characteristic of Ourselves
 - Differentiate Ourselves From Other People
- Not Merely Self-Esteem

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Assessment of Self-Concept

- Adjective Check List
 - Rate Descriptiveness
 - Problems
 - Shared vs. Distinctive
 - Critical vs. Trivial Attributes

But too many trait terms!

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Assessment of Self-Concept

H. Markus, 1977



Self-Schema

- Self-Ratings on Trait Adjectives
 - Self-Descriptiveness
 - Importance to Self-Concept
- Self-Schematic
 - Extremely Descriptive (High or Low)
 - Extremely Important
- Aschematic
 - Moderate on Descriptiveness
 - Unimportant to Self-Concept

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The Self-Schema Confounds Descriptiveness and Importance

Burke, Kraut, & Dworkin (1984)

Descriptiveness

<i>Importance</i>	Low	Medium	High
High	Schematic	Aschematic	Schematic
Low	Aschematic	Aschematic	Aschematic

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Proper Balance of Descriptiveness and Importance in the Self-Schema

Descriptiveness

<i>Importance</i>	Low	Medium	High
High	Schematic	Schematic	Schematic
Low	Aschematic	Aschematic	Aschematic

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The Self as a Conceptual Structure

- Classical View
- Prototype View
- Exemplar View
- Theory View

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Organization of Self-Concept

As Proper Set

- Set Consisting of One Instance
 - Summary of Personality
 - Features that Set Oneself Apart From All Others
- Defining Features
 - Singly Necessary, Jointly Sufficient to...
 - Distinguish Oneself From Others
- Inherits All the Problems of Classical View

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Organization of Self-Concept

As Prototype

- Summary Description of Self
- Self Represented by Category Prototype
 - Shares Family Resemblance with Instances
- Characteristic Features
 - *Tend to* Set Oneself Apart From All Others
- But Prototype of *What?*
 - Each Self Unique
 - What is the Nature of Family Resemblance?

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The "Looking-Glass Self"

Cooley (1902)



The self consists of whatever attributes are associated with first-person pronouns....

Each person possesses as many selves as there are significant others in his or her social environment.

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Self in Symbolic Interactionism

Mead (1934)

A person has as many selves as there are social roles for him or her to play.

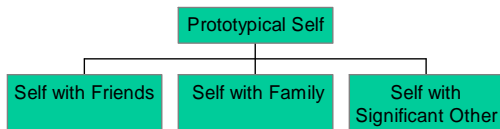
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Self and Family Resemblance

- Self Not Unitary, Monolithic
 - Multiplicity of Selves
- Context-Specific Self-Concepts
 - What We are Like in Various Situations
- Represent Contextual Variability in Behavior
- Prototype Abstracted from These Instances

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Hierarchy of Selves



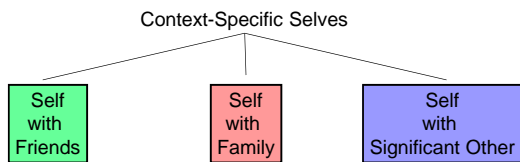
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Exemplar View of Self

- Self with Friends
- Self with Family
- Self with Significant Other
-

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No Hierarchy of Selves



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Self in Multiple-Personality Disorder

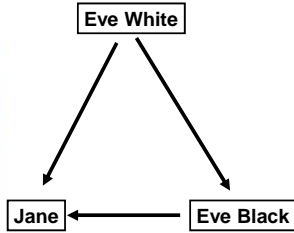
Dissociative Identity Disorder

- Patient Possesses Different Identities
 - Each Associated with Different Autobiographical Memories
- Interpersonality Amnesia
 - Asymmetrical

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Interpersonality Amnesia in *The Three Faces of Eve*

Thigpen & Cleckley (1954, 1957)



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Self as Theory of Oneself

Epstein (1973)

The self-concept is a self-theory. It is a theory that the individual has unwittingly constructed about himself as an experiencing, functioning individual, and it is part of a broader theory which he holds with respect to his entire range of significant experience.

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Theory-Based Concepts of Self

- “Survivor” or “Recovery” Movements
 - Holocaust
 - Alcoholic
 - Child Abuse
- “Child of X” Movements

This Is What I'm Like
This is How I Got This Way

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The Self as a Knowledge Structure

Mental Representations of Oneself

- Meaning-Based Representations
 - Self as Concept
- **Perception-Based Representations**
 - **Self as Image**

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Self-Image

Schilder (1938)



The picture of our own body
which we form in our mind,
the way in which the body
appears to ourselves.

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Perception-Based Representations in Social Cognition

- Visual Images of Familiar People
- Auditory Images of Voices
- Judgments Based on Visual Information
 - Age
 - Gender
 - Power (Babyfacedness)
- The Face as a Social Stimulus
 - Point of Contact
 - Information about Emotional States, Deception



Body Schema

Head (1926)

- Postural Model of Body
 - Maintain Stability
 - Adjust to Environment
- Distortions in Prism-Adaptation
- Internal Representation of Body, Parts
 - Independent of Immediate Sensory Stimulation

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Facial Image Preference

Mita et al. (1977)

- Mere-Exposure Effect (Zajonc, 1968)
 - Preference Judgments
 - Frequency of Exposure
- Facial Images
 - Other: True Image
 - As in Photograph
 - Self: Reversed Image
 - As in Mirror

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Which Picture Do You Prefer?



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The Original Marilyn Monroe



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The Reversed Marilyn



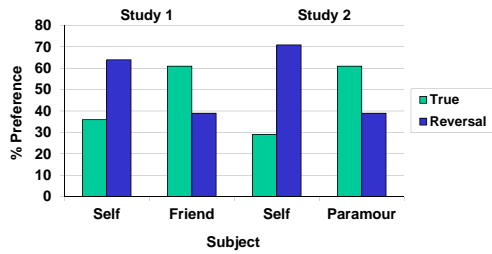
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Facial Image Preference

- Facial Photographs of Women
 - Original
 - Mirror-Reversed
- Acquaintance Should Prefer Original
 - As She Usually Sees Her
- Person Should Prefer Mirror Reversal
 - As She Sees Herself in Mirror

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Preference of Targets and Acquaintances



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Clinical Anomalies of Body Image

- Acute Schizophrenia
- Eating Disorder
- Body Dysmorphic Disorder
- Phantom Limb in Amputees
- Autotopagnosia (Pick, 1922)
 - Body-Image Agnosia, Somatotopagnosia

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Methods for Studying Body Image

- Draw-a-Person Technique
- Body-Image Aberration Scale
- Body-Image Assessment

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Body-Image Aberration Scale

Chapman, Chapman, & Raulin (1978)

- Unclear Body Boundaries
 - “Sometimes I have had the feeling that I am united with an object near me”
- Feelings of Unreality or Estrangement of Parts of One’s Body
 - “I have sometimes felt that some part of my body no longer belongs to me”
- Feelings of Deterioration of One’s Body
 - “I have sometimes had the feeling that my body is decaying inside”
- Perceptions of Change in One’s Body Parts
 - Size, Relative Proportions, Spatial Relationships
 - “My hands or feet sometimes seem far away”
- Changes in the Appearance of the Body
 - “Occasionally it has seemed as if my body had taken on the appearance of another person’s body”

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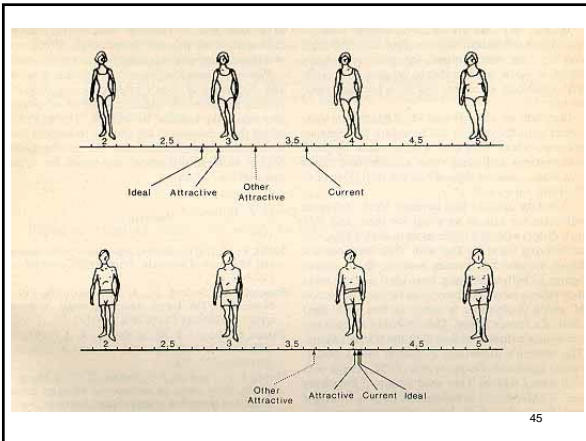
Desirable Body Shape

Fallon & Rozin (1985)



- College Undergraduates
- Body-Image Assessment
 - Line Drawings of Male/Female Bodies
 - In Swimsuits
 - Range From Thin to Not-Thin
- Choice
 - Current Body
 - Ideal Body
 - Attractive
 - Attractive to Opposite Sex

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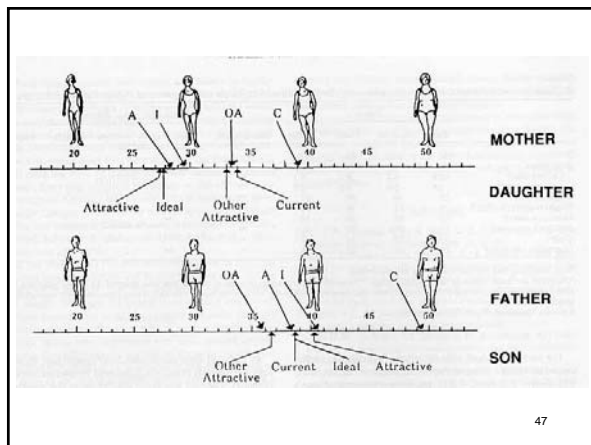
Generational Study

Rozin & Fallon (1988)



- Body-Image Assessment
- Family Study
 - Mothers and Daughters
 - Fathers and Sons

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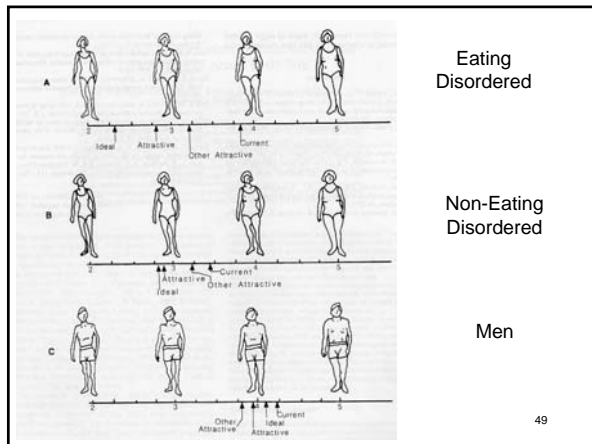
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Body Image in Eating Disorder

Zellner et al. (1989)

- College Undergraduates
- Eating Attitudes Test
 - Women Classified by EAT
 - High (Panel A) vs. Low (Panel B)
 - Men (Panel C)
- Body-Image Assessment
 - Current vs. Ideal

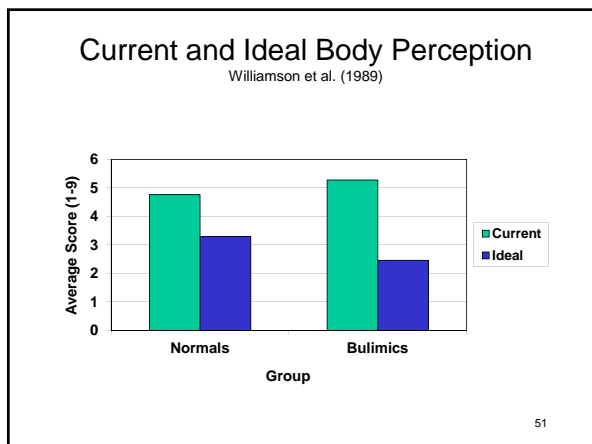
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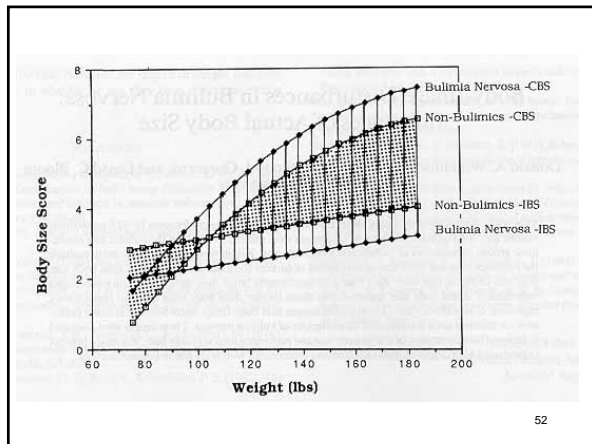


Body-Image Disturbance in Bulimia
 Williamson et al. (1989)

- Body-Image Assessment
 - Current Body Size
 - Ideal Body Size
- Bulimic vs. Normal Women
 - Statistically Matched for Actual Weight



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Body-Distorting Technique

- Adjustable (“Fun House”) Mirrors
- Computer Morphing Software

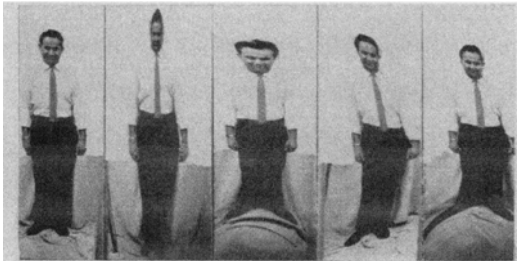



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Body Image in Schizophrenia

Traub, Orbach, et al. (1964, 1966, 1967)

- Adjustable Body-Distorting Mirror



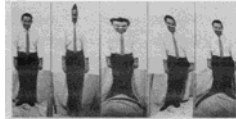
Traub—Orbach

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Adjustable Body-Distorting Mirror

Traub, Orbach, et al. (1964, 1966, 1967)

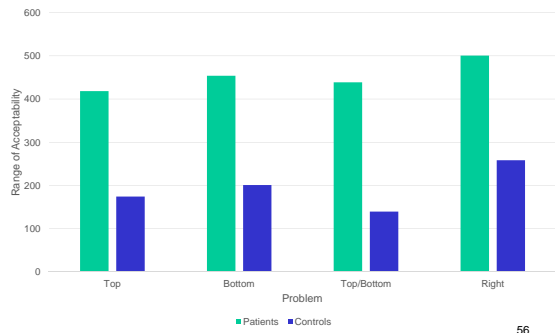
- Top of Mirror Convex
 - Head Elongated
 - Shoulders Sloping
- Top of Mirror Concave
 - Head Broadened
 - Shoulders Padded
- Bottom of Mirror Concave
 - Legs Dwarfed
 - Feet Spread
- Bottom of Mirror Convex
 - Legs Elongated
 - Tiny Feet
- Top Convex, Bottom Concave
 - Adjust Only Head, Shoulders
- Top Concave, Bottom Convex
 - Adjust Only Head, Shoulders
- Right Edge Convex
 - Right Side Shortened, Bulging
- Right Edge Concave
 - Right Side Elongated, Indented



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Body Perception in Schizophrenia

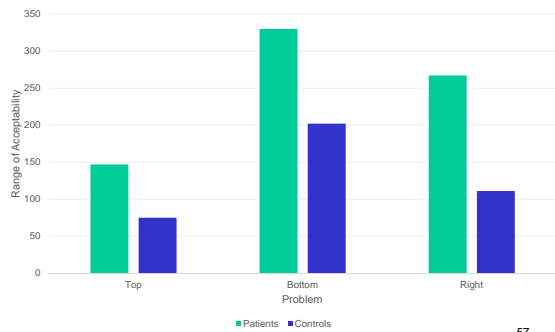
Traub et al. (1967)



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Frame Perception in Schizophrenia

Traub et al. (1967)



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Body-Image Assessment Software

Letosa-Porta, Ferrer-Garcia, & Gutierrez-Maldonado (2005)

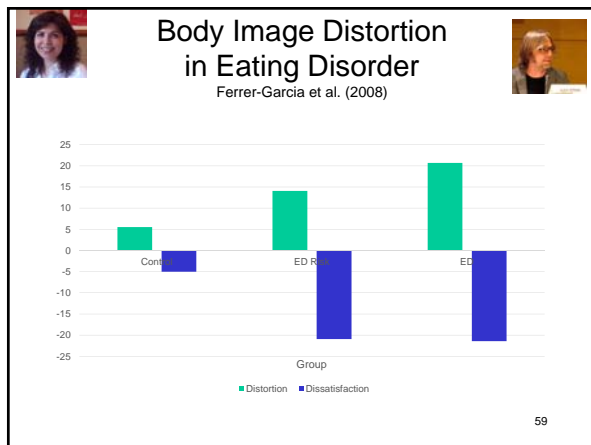
Modify Body Parts

- Real Body Image
- Ideal Body Image

Measures:

- Perceptual Distortion
- Body Image Dissatisfaction

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Adolescent Body Morphing Tool

Aleong et al. (2007)

Adolescent Body-Shape Database

- Body Suit
- Undershirt
- Ski Mask
- Body Tags

Morphing of Principal Components

- .4%, -.2%
- +.2%, +.4%

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Adolescent Body Image

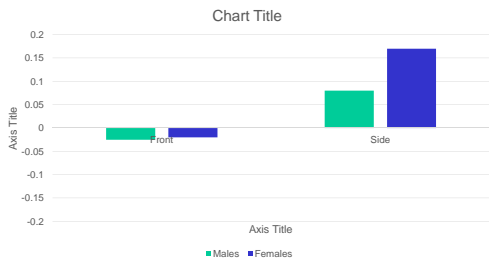
Aleong et al. (2009)



- 182 Normal Adolescent Males and Females
- Match Subjects to Image in Database
 - Height, Weight, BMI
- Distort Image
 - Especially Hips, Thighs, Calves
- Psychophysical Measures
 - Point of Subjective Equality
 - How Accurate is Body Image
 - Difference Limen
 - How Much Morphing Required to Detect Difference ⁶¹

Accuracy of Perceived Body Size

Aleong et al. (2009)



Difference Limen

Aleong et al. (2009)



Self-Perception vs. Other-Perception

The "Dove Beauty Sketches" (2013)

<http://www.youtube.com/user/doveunitedstates>



The Self as a Knowledge Structure

Mental Representations of Oneself

- Meaning-Based
- Representation
 - Self as Concept
- Perception-Based Representation
 - Self as Image
- **Self as Memory**

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Memory Reveals Character



- **Freudian Psychoanalysis** (Breuer & Freud, 1893-1895)
 - “Hysterics Suffer from Reminiscences”
 - Experience Decisive for Personality
 - Experiences Encoded in Memory
 - Repression of Trauma, Conflict
 - Recovery of Repressed Memories
- **Adlerian Individual Psychology** (Adler, 1932)
 - Memories Selected to Correspond with Life Style
 - Memories Express Life Style
 - Memories Support Life Style When Challenged
 - Memories Change When Life Style Changes ⁶⁶

The Self as a Memory Structure

- Verbal (Propositional)
- Episodic
 - Specific Experiences, Actions
- Semantic
 - Generic Characteristics

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Memory and Identity

Locke, *an Essay Concerning Human Understanding* (1690)
Klein & Nichols (2012)



“[A]s far as consciousness can be extended backwards to any past action or thought, so far reaches the identify of that person; it is the same self now as it was then; and it is by the same self with this present one that now reflects on it, that that action was done.”



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Hume's Objection to Locke

Hume (1739); Klein & Nichols (2012)



- No Enduring Self
- *Impression* of Identity Created by Memory
 - Recollection of Past Episodes
 - Includes Knowledge and Belief Based on Inferences

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Reid's Objection to Locke

Reid (1785); Klein & Nichols (2012)



- **Brave Officer Paradox**

- Suppose a brave officer **[A]** to have been flogged when a boy at school for robbing an orchard, **[B]** to have taken a standard from the enemy in his first campaign, and **[C]** to have been made a general in advanced life;
- suppose, also, which must be admitted to be possible, that **[B]** when he took the standard, he was conscious of **[A]** his having been flogged at school,
- and that, **[C]** when made a general, he was conscious of **[B]** his taking the standard but had absolutely lost consciousness of **[A]** the flogging

- **Based on Transitivity**

- If the Person Who Did **B** Remembers Doing **A**
- And the Person Who Did **C** Remembers Doing **B**
- Then the Person Who Did **C** Also Did **A**
 - Regardless of Whether He Remembers It

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The Case of Millvina Dean

- Last Survivor of the *Titanic*

- 9 Weeks Old on April 14, 1912
- Father Died, Mother Survived

- Died on May 31, 2009

- 98th Anniversary of Launching
- Brother Also Survived Disaster (Age 2)
 - Died on April 14, 1992 (80th Anniversary of Shipwreck)

- No Memory of Sinking

- Learned About *Titanic* at Age 8

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Representation of Self in Amnesia

- Episodic Memory

- Specific Behaviors

- Semantic Memory

- General Characteristics

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The Case of K.C.

Tulving (1993)

- Motorcycle Accident at Age 30
- Amnesia
 - Anterograde
 - Retrograde
- Personality Change
 - Premorbid, Extraverted
 - Postmorbid, Introverted

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Ratings of K.C.'s Postmorbid Personality

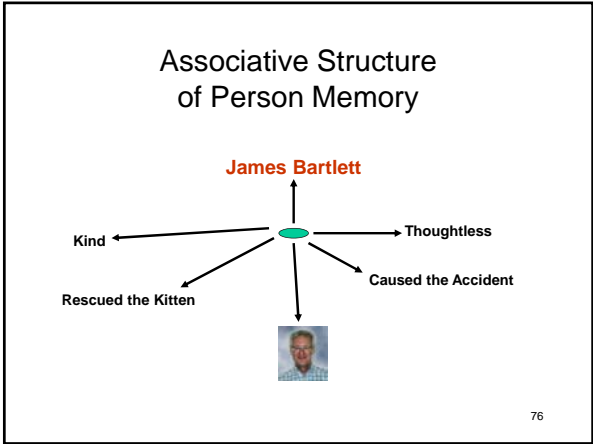
- K.C.'s vs. Mother's Ratings of *K.C.*
 - $Q = .77$
- K.C.'s vs. Mother's Ratings of *Mother*
 - $Q = .80$

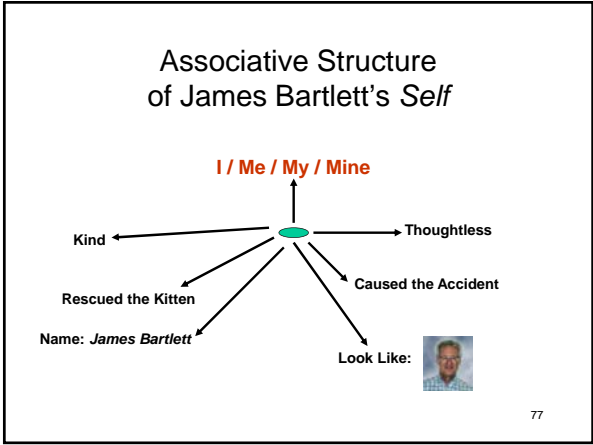
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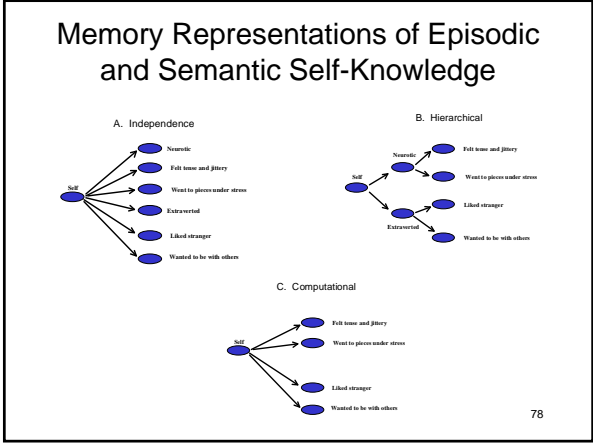
K.C.'s Personality Premorbid vs. Postmorbid

- **2-Alternative Forced Choice**
 - Matched items for social desirability
- **Reliability of K.C.'s "Post" ratings**
 - 76% agreement
- **Mother's ratings of K.C. "Pre" vs. "Post"**
 - 50% agreement (chance)
- **K.C. "Post" vs. Mother "Post"**
 - 73% agreement
- **K.C. "Post" vs. Mother "Pre"**
 - 53% agreement (chance)

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Self Judgments

Klein, Loftus, & Burton (1989).

- Priming Paradigm
 - Performance of One Task Facilitates Performance of Another Task
 - Provided that Tasks Overlap
- Trait Terms as Stimulus Materials
 - Describes Self
 - Recall Autobiographical Memory
 - Define Term

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Self Judgments

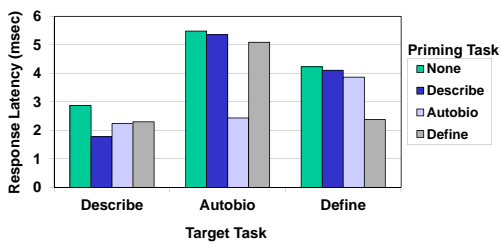
Klein, Loftus, & Burton (1989)

- Repetition Priming
 - Define-Define
 - Recall-Recall
 - Describe-Describe
- Semantic Priming
 - Recall - Describe Describe - Recall
- Control Sequences
 - Define - Recall Define - Describe

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Priming Effects in Self-Judgment

Klein, Loftus, & Burton (1989)



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Implications of Priming Studies


- Priming Within Knowledge Categories
 - Semantic (Traits) → Semantic
 - Episodic (Behaviors) → Episodic
- No Priming Across Knowledge Categories
 - Semantic / Episodic
 - Episodic / Semantic

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Conscious Recollections
Kihlstrom (2009)

- Recollective Experience
 - Remembering
 - Knowing
 - Feeling
 - Believing?
- Unconscious Autobiographical Memories?
 - Freudian Trauma-Memory Argument
 - Repression
 - Dissociation

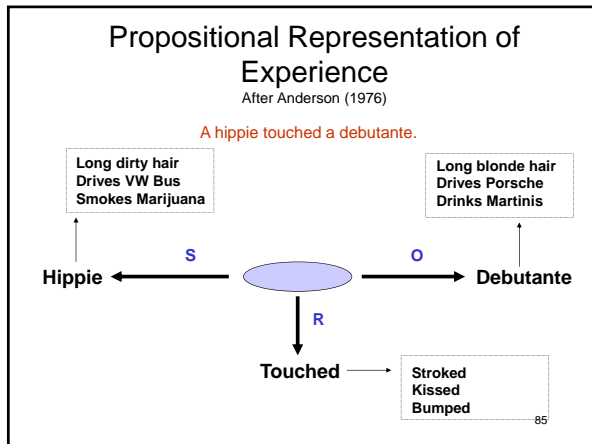
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Consciousness in Memory
James (1890)

- The first element which such a knowledge involves would seem to be the revival in the mind of an image or copy of the original event....

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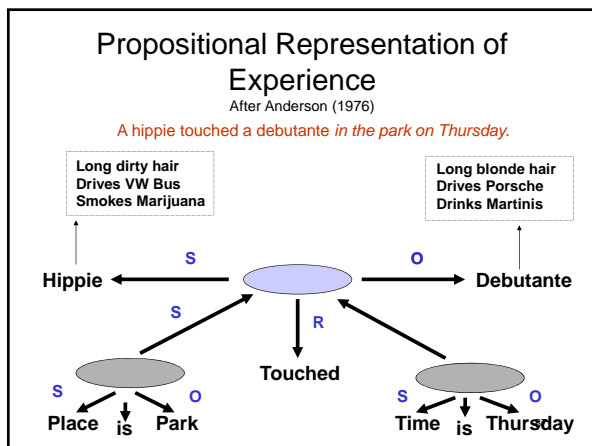


Consciousness in Memory

James (1890)

- The first element which such a knowledge involves would seem to be the revival in the mind of an image or copy of the original event....
- [But] a farther condition is required before the present image can be held to stand for a *past original*.
- That condition is that the fact imaged be *expressly referred to the past*, thought as *in the past*....

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Consciousness in Memory

James (1890)

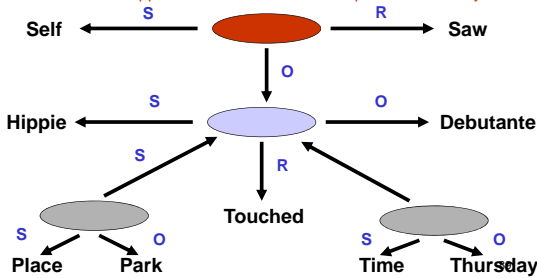
- But even this would not be a memory.
- Memory requires more than the mere dating of a fact in the past. It must be dated in *my* past.
- In other words, I must think that I directly experienced its occurrence.
- It must have that “warmth and intimacy”... characterizing all experiences “appropriated” by the thinker as his own.

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Propositional Representation of Experience

After Anderson (1976)

I saw a hippie touch a debutante in the park on Thursday.



The Self as a Knowledge Structure

Mental Representations of Oneself

- Self as Concept
- Self as Image
- Self as Memory
- **Self as Story**

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Story Model of Knowledge Representation

Schank & Abelson (1995)



- All Human Knowledge is Based on Stories
 - Constructed Around Past Experiences
- New Experiences are Interpreted in Terms of Old Stories
- Reconstituted Memories Form the Basis of the *Remembered Self*
- Shared Story Memories Within Social Groups Define Particular *Social Selves*

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The “Memoir Boom”

Atlas (1996); Yagoda (2009)



- History
 - 1st-Person Narrator in Fiction
 - 19th, early 20th Centuries
 - Memoirs About Other People
 - Late 20th Century
 - Memoirs about Oneself
 - 1st-Person Academic Writing
- “Performance of Self” (Bernard Cooper, 1999)

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Autobiographical Memory

- Episodic Memory
 - Unique Spatiotemporal Location
- Self-Reference
 - Agent vs. Patient, Stimulus vs. Experiencer
 - Cognitive, Emotional, Motivational State
- “Aristotelian” Plot Structure
 - Chronological Sequence

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Temporal Organization

Kihlstrom (2009)

- Internal
 - Beginning, Middle, End
- External
 - Temporal Relations to Other Events
 - Chunking

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The Autobiographical Knowledge Base

Conway (1992, 1996); Conway & Pleydell-Pearce (2000)

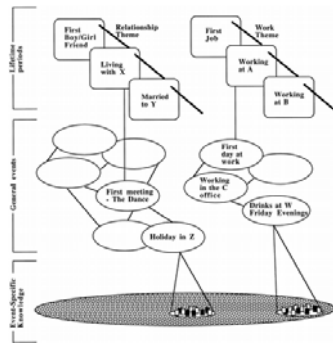
- Lifetime Periods
 - General Knowledge re: Distinct Periods of Time
 - Thematic Knowledge
 - Temporal Knowledge
 - Attitudes, Self-Evaluation
- General Events
 - Repeated Events, Mini-Histories
- Event-Specific Knowledge
 - Semantic/Verbal
 - Sensory-Perceptual (Flashbulbs/Flashbacks)



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The Autobiographical Memory Knowledge Base

Conway & Pleydell-Pearce (2000)



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The Self-Memory System

Conway & Pleydell-Pearce (2000)

- **Conjunction of AKB with Working Self**
 - Analogous to Working Memory
 - Activated Self-Schema
 - Current Personal Goals
 - Current Emotional Experiences
- **Superordinate**
 - Subsumes both Working Self and AKB
- **Emergent**
 - Requires Interaction of Working Self and AKB



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Construction of ABMs

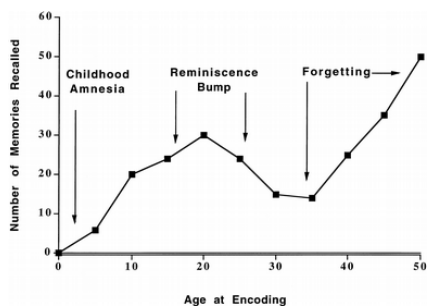
Conway & Pleydell-Pearce (2000)

- **Direct Retrieval of Event-Specific Knowledge**
 - Cues Activate Representations in ESK
 - Map Onto Particular Lifetime Period
 - Activation Spreads to Goals of Working Self
 - Thereafter, to General and then Specific Events
- **Generative Retrieval** after Norman & Bobrow (1979)
 - Elaborate Cue, Set Verification Criteria
 - Match Description to Memory Records
 - Accessed Records Matched Against Criteria
 - Repeat as Necessary

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Distribution of Memories Across the Lifespan (Hypothetical)

Conway & Pleydell-Pearce (2000)



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Explaining Lifespan Memory

Conway & Pleydell-Pearce (2000)



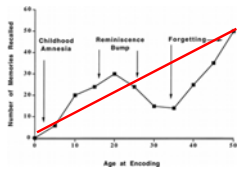
- Recency Effect
 - Needs No Special Explanation
 - Time-Dependency Principle
- Infantile & Childhood Amnesia
 - Disjunction Between Childhood, Adult Goals
 - Or (More Likely) Pure Cognitive Effect
- Reminiscence Bump
 - Events Critical for Formation of Stable Self
 - Late Adolescence and Early Adulthood
 - But Reminiscence Bumps at Other Times, Too

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Temporal Organization in ABM

Kihlstrom (1979); Crovitz (1970), Robinson (1976)

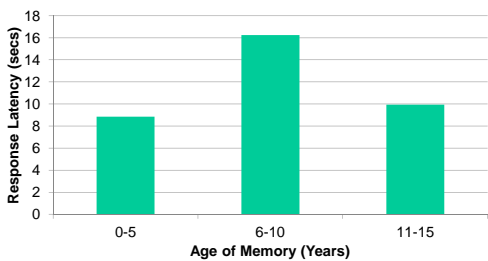
- Temporal Sequencing in Narrative Recall
 - Disrupted in Posthypnotic Amnesia
- Temporal Gradient in “Galton’s Walk”
 - ABMs Cued by Familiar Words



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An Inverted U-Shaped Function

Robinson (1976)



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Serial, Backwards, Self-Terminating Search?

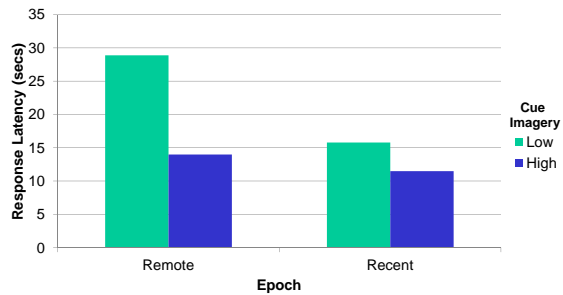
- Robinson (1976)
 - Remote Memories Unrepresentative
 - Highly Salient, thus Quickly Retrieved
- Chew (1979; Kihlstrom et al., 1988)
 - Control Both Cue and Epoch

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A Serial, Backwards, Self-Terminating Search?

Chew (1979); Kihlstrom et al. (1986)



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Is Temporal Organization Qualified by Chunking?

- What's the letter of the alphabet after B?
- What's the letter of the alphabet before S?

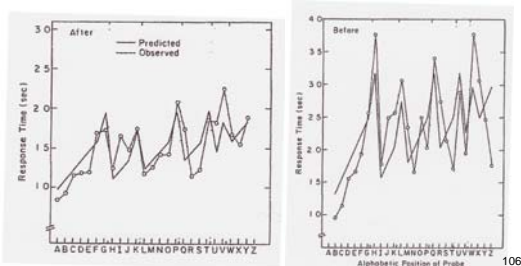
Now I know my A B Cs, won't you sing a - long with me?
 next time won't you sing with me?

Charles Bradley (1836)

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Response Times in Memory Search

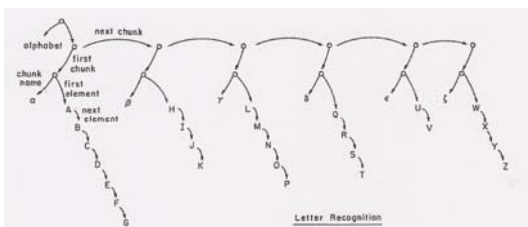
Klahr et al. (1983)



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Representation of the Alphabet in ALPHA

Klahr et al. (1983)



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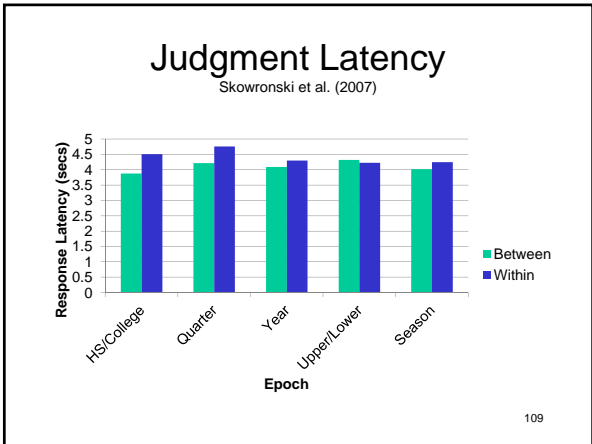


Temporal "Chunks" in ABM?

Skowronski et al. (2007)

- List and Date Autobiographical Memories
 - Every Quarter, High School through College
- Judgments of Recency (Accuracy = 82.5%)
 - Random Pairs of Events
 - Between or Within Epochs
 - College/High School
 - School Quarter
 - Year
 - Freshman-Sophomore/Junior-Senior
 - School Year/Summer

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- ### Expanded View of Temporal Epochs
- Kihlstrom (2009)
- Individual, Not Universal
 - Reflections of Self-Concept
 - Subjective, Not Objective
 - May Change with Time
 - Telescoping (Neter & Waksberg, 1964)
 - Recent Events Displaced Backwards
 - Remote Events Displaced Forwards
 - May Change with Alterations in Self-Concept
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- ### Autobiographical Memory
- Episodic Memory
 - Unique Spatiotemporal Location
 - Self-Reference
 - Agent vs. Patient, Stimulus vs. Experiencer
 - Cognitive, Emotional, Motivational State
 - “Aristotelian” Plot Structure
 - Chronological Sequence
 - Causal Organization of Episodes
 - Relevance to Character and “Life Style”
- 111



Causal Relations in Autobiographical Memory

Kihlstrom (2009), after Aristotle (c. 335 BCE)

Plot in Aristotle's *Poetics*

- Incentive Moments (Begins the Chain of Cause and Effect)
- Climaxes (Middle of the Causal Chain)
- Resolutions (End of the Causal Chain)
- Complications (*Desis*) Leading to the Catastrophe
- Catastrophes (Changes to Good or Bad Fortune)
- Unravelings (*Lusis*) After the Catastrophe
- Reversals of Intention (*Peripeteia*)
- Moments of Recognition (*Anagnorisis*)
- Catharsis (End of the Story)

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Causal Relations in Autobiographical Memory

Kihlstrom (2009), after Pillemer (1998, 2001)



Pillemer's "Life Story"

- Originating Events Define a "Life Path"
- Turning Points Redirect a Life Path
- Anchoring Points Provide Foundations for Belief System
- Analogous Events Provide Models for How to Behave

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Causal Explanations for Traits, Behaviors



After Malle (2005)

Reasons for Intentional Actions

- Beliefs
- Desires

Causes of Unintended Behaviors

- Internal vs. External
- Stable vs. Unstable
- Global vs. Local

Causal History of Reasons

Unconscious Processes
Personality Factors
Socialization and Culture
Immediate Context

Enabling Factors

Skill
Opportunity
Removed Obstacles

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Is the Self Just Another *Person*?

- Quantitative Differences in Representations
 - Size of Memory Structure
 - Amount of Information
 - Organization of Information
 - Emotional and Motivational Involvement
- Qualitative Differences
 - Direct Introspective Awareness
 - Knowledge, Expectations, Beliefs
 - Feelings, Values
 - Desires, Goals

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Self as Object and Self as Subject

Allport (1961), p. 128



This puzzling problem arises when we ask, "Who is the I who knows the bodily me, who has an image of myself and sense of identity over time, who knows that I have propriate strivings?"

I know all these things and, what is more, I know that I know them.

But who is it who has this perspectival grasp...?

It is much easier to *feel* the self than to *define* the self.

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