

The Self

Fall 2015

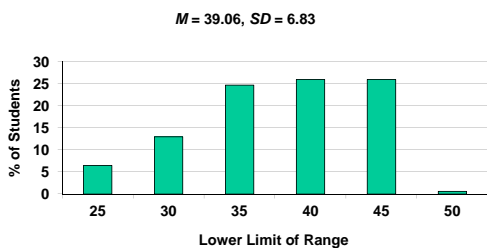
1

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%), $SD = 6.83$

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Distribution of Midterm Scores Fall 2015



3

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-Ragard
- 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 propiate 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

Importance	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

Importance	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.

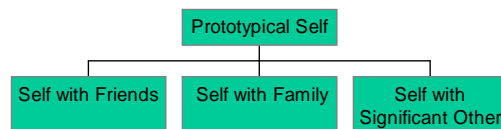
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Self and Family Resemblance

- 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



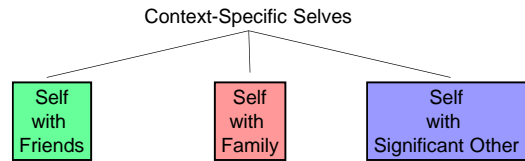
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Exemplar View of Self

- 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

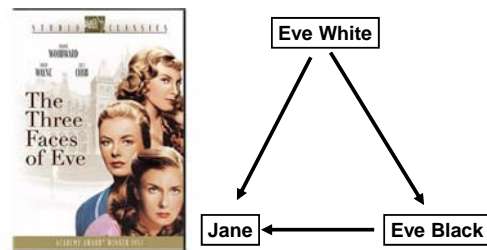
Dissociative Identity Disorder

- 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



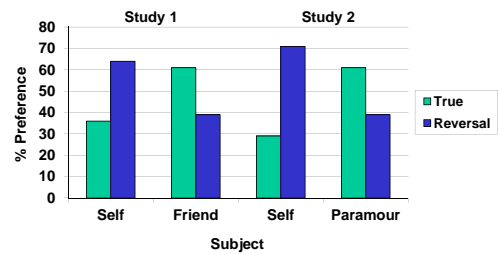
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Facial Image Preference

- 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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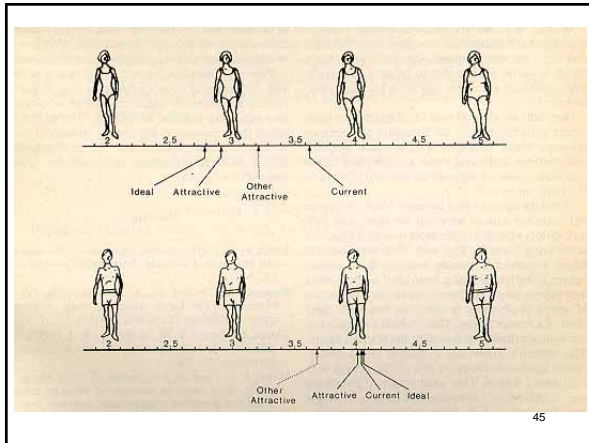
Desirable Body Shape

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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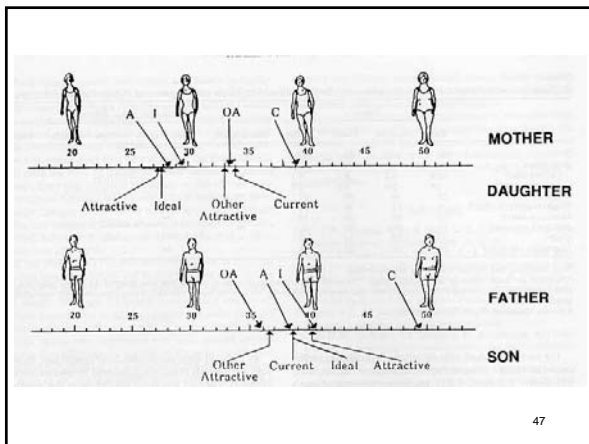
Generational Study

Rozin & Fallon (1988)



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

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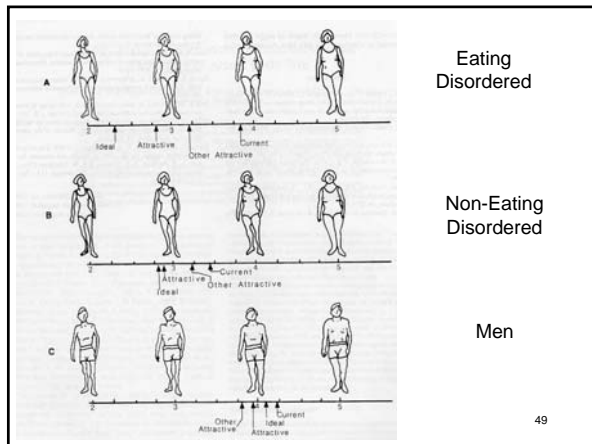
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Body Image in Eating Disorder

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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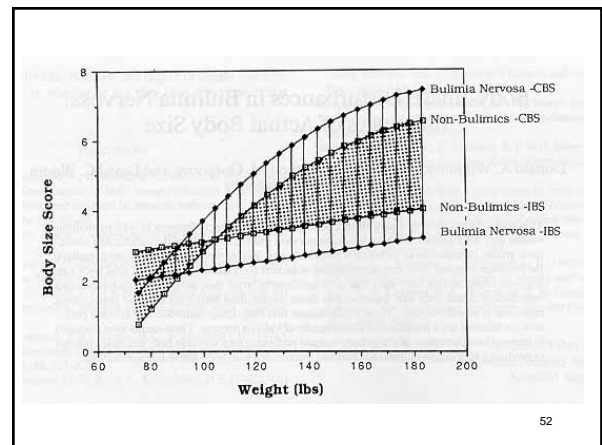
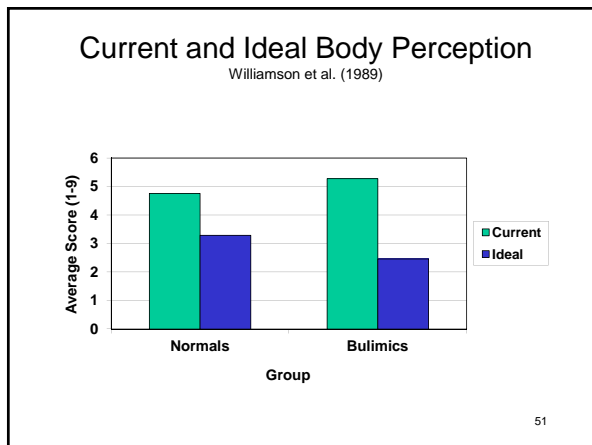


Body-Image Disturbance in Bulimia

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

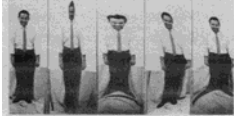
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Adjustable Body-Distorting Mirror

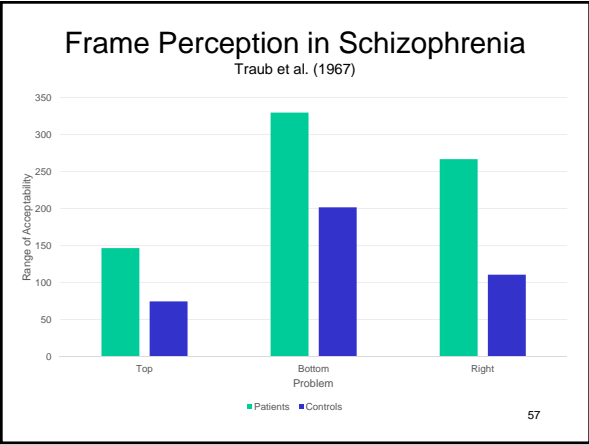
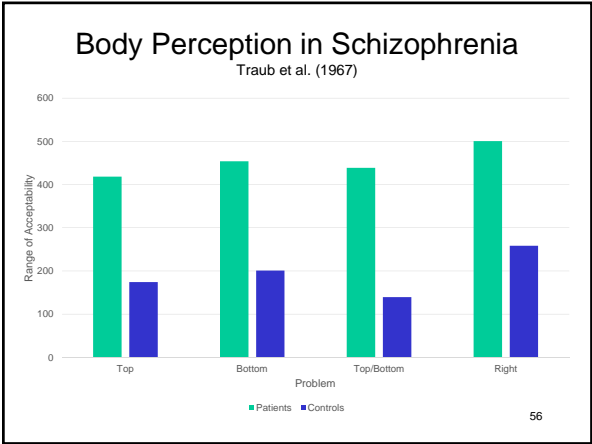
Traub, Orbach, et al. (1964, 1966, 1967)

- 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

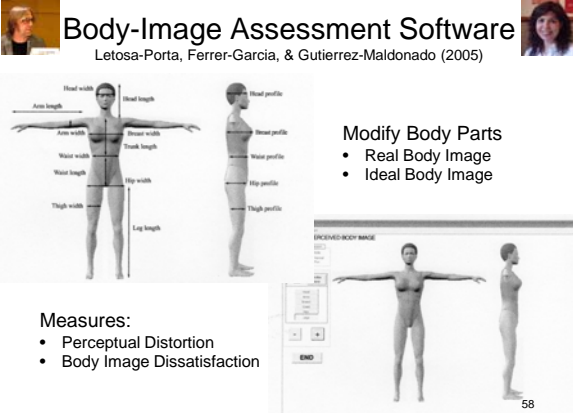


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Body-Image Assessment Software

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



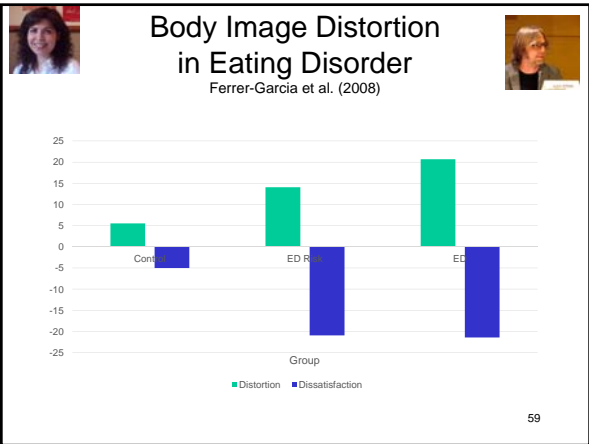
Modify Body Parts

- Real Body Image
- Ideal Body Image

Measures:

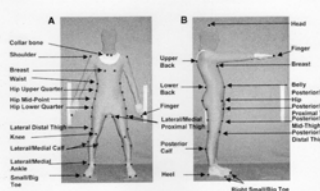
- Perceptual Distortion
- Body Image Dissatisfaction

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Adolescent Body Morphing Tool

Aleong et al. (2007)

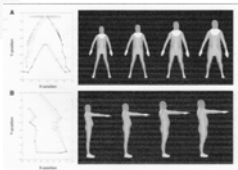


Adolescent Body-Shape Database
160 Males and Females

- Body Suit
- Undershirt
- Ski Mask
- Body Tags

Morphing of Principal Components

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



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Adolescent Body Image

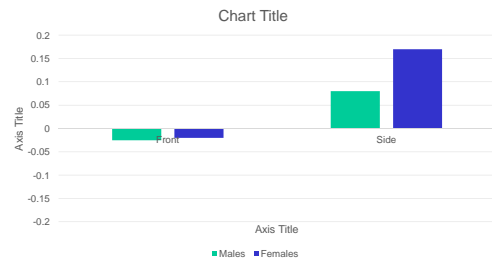
Aleong et al. (2009)



- 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 Difference⁶¹

Accuracy of Perceived Body Size

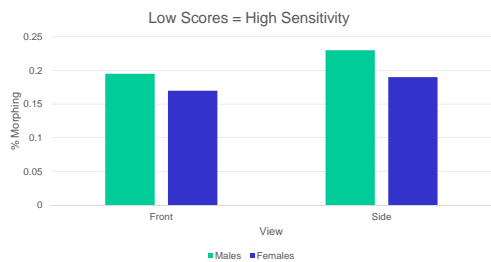
Aleong et al. (2009)



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Difference Limen

Aleong et al. (2009)



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Self-Perception vs. Other-Perception

The "Dove Beauty Sketches" (2013)

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



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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 Changes⁶⁶

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 identity 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)

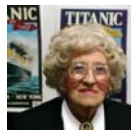


- Brave Officer Paradox
 - Suppose a brave officer **[A]** to have been flogged when a boy at school for robbing an orchard, **[B]** to have taken a standard from the enemy in his first campaign, and **[C]** to have been made a general in advanced life;
 - suppose, also, which must be admitted to be 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*
 - $Q = .80$

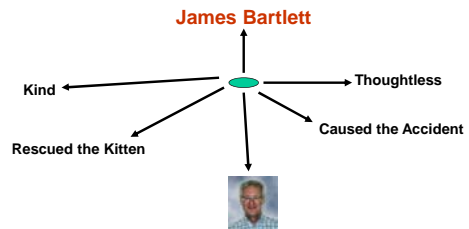
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K.C.'s Personality Premorbid vs. Postmorbid

- **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)

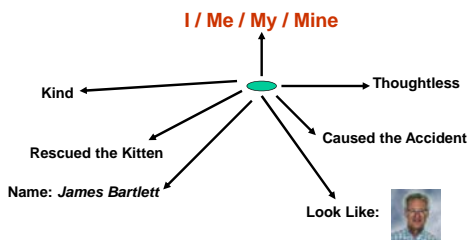
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Associative Structure of Person Memory



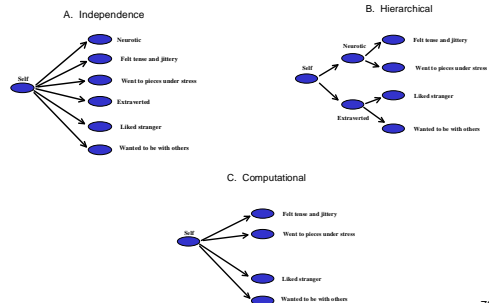
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Associative Structure of James Bartlett's Self



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Memory Representations of Episodic and Semantic Self-Knowledge



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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

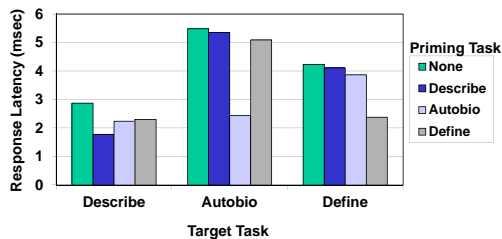
Klein, Loftus, & Burton (1989)

- 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, Lotus, & 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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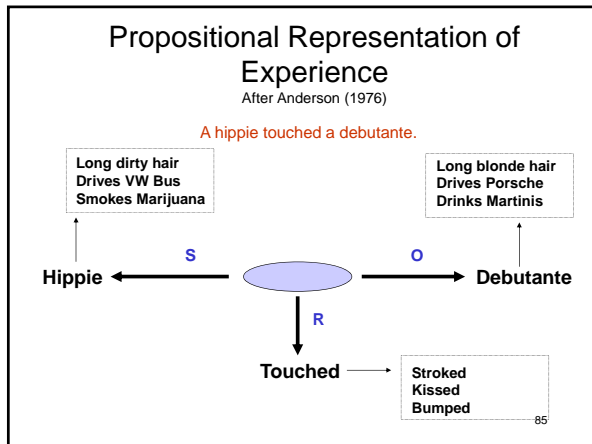


Consciousness in Memory

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....

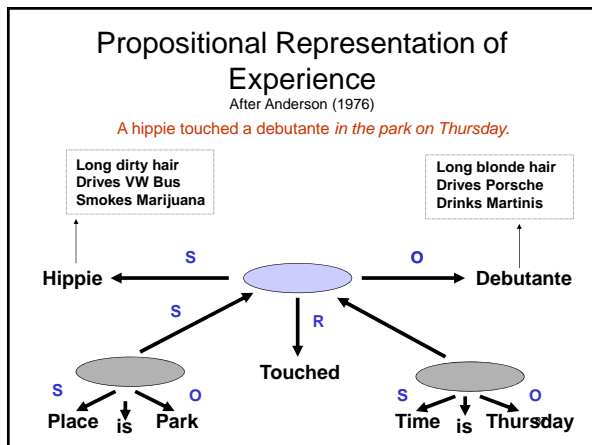
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Consciousness in Memory

James (1890)

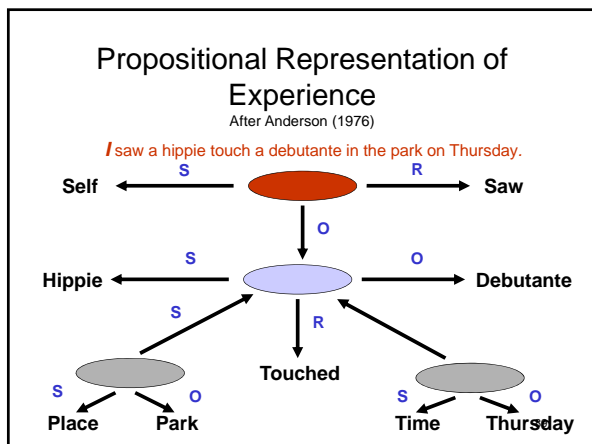
- The first element which such a knowledge involves would seem to be the revival in the mind of an image or copy of the original event....
- [But] a farther condition is required before the present image can be held to stand for a *past original*.
- That condition is that the fact imaged be *expressly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



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.



The Self as a Knowledge Structure

Mental Representations of Oneself

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



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

94

The Autobiographical Knowledge Base

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

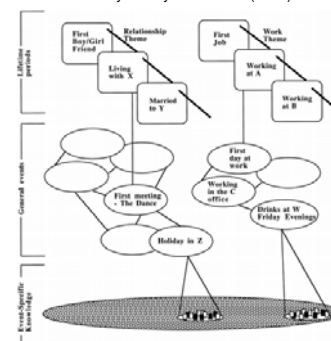
- Lifetime Periods
 - General Knowledge re: Distinct Periods of Time
 - Thematic Knowledge
 - Temporal Knowledge
 - Attitudes, Self-Evaluation
- General Events
 - Repeated Events, Mini-Histories
- Event-Specific Knowledge
 - Semantic/Verbal
 - Sensory-Perceptual (Flashbulbs/Flashbacks)



95

The Autobiographical Memory Knowledge Base

Conway & Pleydell-Pearce (2000)



96

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

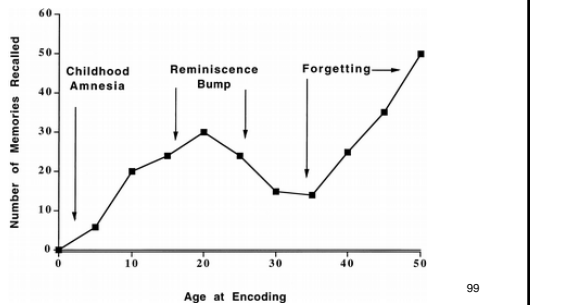
Conway & Pleydell-Pearce (2000)

- **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

98

Distribution of Memories Across the Lifespan (Hypothetical)

Conway & Pleydell-Pearce (2000)



99

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

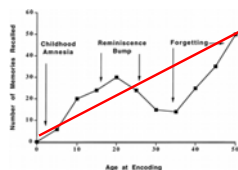


100

Temporal Organization in ABM

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

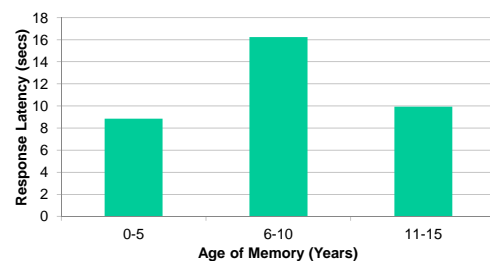
- **Temporal Sequencing in Narrative Recall**
 - Disrupted in Posthypnotic Amnesia
- **Temporal Gradient in “Galton’s Walk”**
 - ABMs Cued by Familiar Words



101

An Inverted U-Shaped Function

Robinson (1976)



102

Serial, Backwards, Self-Terminating Search?

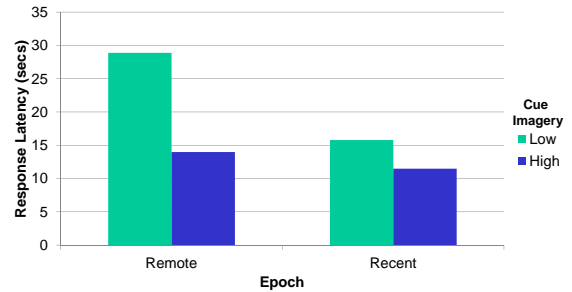
- Robinson (1976)
 - Remote Memories Unrepresentative
 - Highly Salient, thus Quickly Retrieved
- Chew (1979; Kihlstrom et al., 1988)
 - Control Both Cue and Epoch

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A Serial, Backwards, Self-Terminating Search?

Chew (1979); Kihlstrom et al. (1988)



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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?

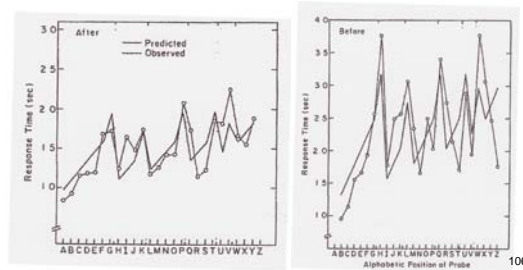
Now I know my A B Cs, won't you sing a - long with me?
next time won't you sing with me?

Charles Bradby (1836)

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Response Times in Memory Search

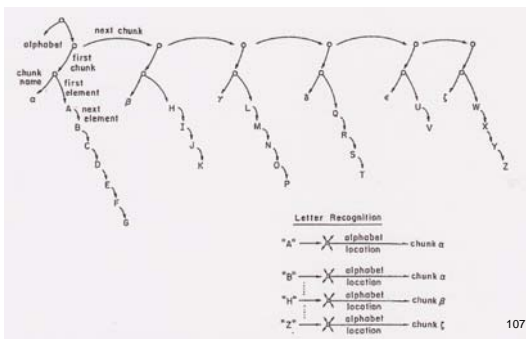
Klahr et al. (1983)



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Representation of the Alphabet in ALPHA

Klahr et al. (1983)



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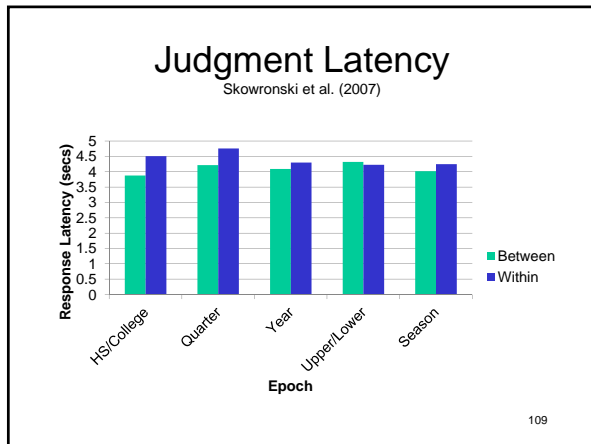


Temporal "Chunks" in ABM?

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
- 110

- ### 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)
- 112

- ### 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
- 113

- ### Causal Explanations for Traits, Behaviors
- After Malle (2005)
- | | |
|--|---|
| <p>Reasons for Intentional Actions</p> <ul style="list-style-type: none"> • Beliefs • Desires | <p>Causes of Unintended Behaviors</p> <ul style="list-style-type: none"> • Internal vs. External • Stable vs. Unstable • Global vs. Local |
|--|---|
- | | |
|--|---|
| <p>Causal History of Reasons</p> <p>Unconscious Processes
Personality Factors
Socialization and Culture
Immediate Context</p> | <p>Enabling Factors</p> <p>Skill
Opportunity
Removed Obstacles</p> |
|--|---|
- 114

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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