

Three Levels of Self-Concept

Name: _____ Date: _____

Extended-Self

Race, religion, sex, age, height, weight, hair color, etc.

Superficial in a dimension... often the most visible first impression.

Anything someone can use to form a judgment about us by association without knowing anything else about us.

Inferred-Self

More opinion someone else may hold after they get to know us...

It involves our interest, personality, temperament, sense of humor, charm (or lack of it), disposition, how attentive or considerate we are.

True-Self

Relates to what the important things are to us in our lives. These things involve our personal life goals, our values, life priorities and sense of purpose in our life.