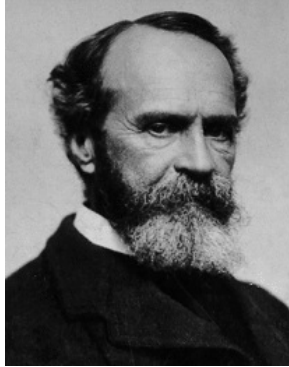


## **William James**

1842-1910



Psychology is an “...elaboration of the obvious.”

James defined Psychology by using the words of Professor Ladd: “**The description and explanation of states of consciousness.**”

James was the founder or spiritual father of  
American **Functionalism**  
Influenced by Charles Darwin

### **THE SELF**

Defined the Self as consisting of two aspects:

the “Me” and the “I”

The known and the knower

The objective and the subjective

## The Self As Known: The Me

“The self as known, or the *me*, the ‘empirical self’....and of the self as knower, or the *I*, the ‘pure ego’...”

“Understanding the Me in this widest sense, we may begin by dividing the history of it into three parts, relating respectively to—

- A. Its **constituents**;
- B. The feelings and emotions the constituents arouse — He called this **self-appreciation**;
- C. The acts which the constituents prompt,— This he referred to as **self seeking and self preservation**.

- A. The constituents
  - The material me
  - The social me
  - The spiritual me

- B. The feelings and emotions the constituents arouse: Self Appreciation

Self-Complacency (positive feelings)  
Self-Dissatisfaction (negative feelings)

## **Self-Esteem**

Two definitions:

1. Self-Esteem = Success/Pretention
2. “A certain average tone of self-feeling which each one of us carries about with him and which is independent of the objective reasons we may have for satisfaction and discontent.”

C. The acts which the constituents prompt - - - Self-seeking and preservation

Bodily Self-seeking

Social Self-seeking

Spiritual Self-seeking

Rivalry and Conflict of the different MEs

The Hierarchy of the MEs

## **The Self As Knower**

### **The “I”**

I = pure ego “the first person singular”

“Whatever I may be thinking of, I am always at the same time more or less aware of myself, of my personal existence.” James, 1892, p 43

The sense of personal Identity as observer and causal agent.

“My present Me is felt with warmth and intimacy.”

**Our identity is made up of both I and me, they are intimately and complexly related. Volition, one of constituents of the I James identified, is colored by the perception of our ability to act and respond to our environments.**