

SELF ESTEEM

What do you mean by self esteem?

James Self esteem = success/prestensions

James: average tone of self-feeling

Traditional view: self esteem is product of self evaluations

Brown: Self esteem as global feeling of self worth, self liking

Johnson: Self esteem means being special, unique

Hoyle et al. stress 4 points regarding self esteem:

1. People evaluate themselves along a wide range of dimensions
2. These evaluations are not the same as self-esteem
3. Self esteem refers to the extent to which a person likes, values and accepts himself or herself
4. Self esteem is not self-confidence or beliefs about one's ability

People with high scores of self esteem are likely:

1. To explain their successes in ways that glorify themselves; Deny responsibility for failures
2. After poor performance insult or criticize others
3. After being outperformed have increased desire to engage in additional performance with the same person
4. When their egos are threatened respond by setting inappropriately difficult goals

Carl Rogers: Self esteem = belief of being worthwhile and valuable

Types of Self Esteem

Defensive versus Genuine Self Esteem

Explicit and Implicit Self-Esteem

Internal Versus External Factors

Contingent Versus True Self Esteem

Labile Self-Esteem

Unstable Self-Esteem

Distortion

Childhood Experiences and Self Esteem

SELF ENHANCEMENT

Self Esteem Damage Control

Reactive Strategies for Undoing The Damage

Self-Serving Attributions

Sour Grapes Rationalization

Downward Social Comparisons (Upward Social Comparisons)

False Consensus

Compensatory Self Affirmation

Preemptive Strategies For Preventing Damage To Self Esteem

Preemptive Self Serving Attributions

Behavioral Self-Handicapping

Buffering the Blow

Relationship Management