

How Others Influence My Self-Concept?

Pick one role in your life that is most important to you (IE: wife, husband, lover, mother, father, best friend, employee, etc...). Using the 12 Steps below, analyze your performance in this role and discover how other people in your life shape your self-concept in this role.

Step 1. List the role: _____ How long have you been in this role? _____
Step 2. How important is the role in your life on a scale of 1-10? Circle one 1-not very important, 2, 3, 4, 5, 6, 7, 8, 9, 10-very important
Step 3. List the names of five others you personally know who are in the same role:
Step 4. Of those listed in Step 3, who performs their role best and worst? Rank them all. Best: _____ Middle: _____ Second Worst: _____ Second Best: _____ Worst: _____
Step 5. Compare yourself in this role to the others in the ranked list. Draw a star at the place you feel you rank.
Step 6. What is it that those who rank better than you are doing that gets them a higher evaluation? What are those worse than you not doing that you do?
Step 7. Reflect upon the ranking and where you placed your star. Does this enhance or detract from your-self concept? Enhance___Detract___ Briefly describe why:
Step 8. How important is it for you to perform as well as others in the same role? 1-not very important, 2, 3, 4, 5, 6, 7, 8, 9, 10-very important
Step 9. Now, grade yourself on how you fulfill this role: A, B, C, D, or F

Step 10. List the names of the 2 most important people in your life: 1) _____ 2) _____
Step 11. Mark the score they would give you if they graded you in this role: 1) A, B, C, D, or F 2) A, B, C, D, or F
Step 12. Look at your grade in Step 9 & the two grades in Step 11. Is there a difference? Yes___No___ How important is this to you? 1-not very important, 2, 3, 4, 5, 6, 7, 8, 9, 10-very important
<i>Our self-concept is shaped not only by our own assessment of ourselves but by the assessment of those we interact with. Consider doing this analysis for another important role in your life.</i>