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Do you know what *self-perception* is?

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Self Perception

Self perception is the way an individual views themselves and how they perceive and interpret their feelings and characteristics. Self perception can be closely linked to self-esteem. Self-esteem is “the way that [a person] feels about themselves internally”.

Source: Study.com

Bem's self perception theory

Daryl Bem suggested that “people develop attitudes by observing behaviours.” This could be because the behaviour was a new experience or it could be because the individual's “attitudes weren’t completely formed before the behaviour occurred.”

Source: Practical Psychology

Outcomes of having positive self-perception:

- Boost your physical well-being
- Improve your mental health
- Allow yourself to be more confident in social situations
- Help your emotional well-being
- Boost your spiritual well-being

A negative self-image can hinder your ability to function in these areas

Source: Cleveland Clinic

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Steps to develop a positive self-image

- Take a self-image inventory.
- List your positive qualities
- Ask a loved one to point out your positive qualities
- Set personal goals that are reasonable and measurable
- Confront thinking distortions
- Avoid comparing yourself to others
- Give positive affirmations
- Work on things you are already good at

Source: Cleveland Clinic

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Sources

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