



# OUR SELF & OUR POSSIBLE SELVES (PERTAINING TO MIDDLE SCHOOL STUDENTS)



**The Self Discrepancy Theory:** The idea that every person has their own actual, ideal, and ought self!

## THE SELF

- The self is the psychological "tools" that give a person the capacity to consciously think about him or herself, (AKA self reflection).



## ACTUAL SELF

- Our understanding of who we are!
- Our actual self is very similar to our **self concept**. (the set of beliefs we have about our characteristics we possess).



## IDEAL SELF

- This is when we imagine the person we would like to be
- Our ideal self consists of qualities and features that we wish we had.



## OUGHT SELF

- The thoughts people have about who they think OTHERS think they should be.
- Ex. Parents pressuring you to work somewhere and you think you ought to work there because of them.



## THE FUTURE AND YOUR POTENTIAL!!!

- Are you who you want to be?
- What clubs or extracurriculars do you want to engage in?
- Are you studying for classes? Completing HW?
- Making friends?



**YOU CAN!**

### REFERENCES

Barrett, D. W. (2017). Social Psychology: Core Concepts and Emerging Trends. SAGE.

