

# Chapter 2 – The Self



## Questions for Today:

1. What is the self?
2. Where does self-knowledge come from?
3. What do we do with our self-knowledge?
4. Is the knowledge correct?
5. If it is biased, which way is it biased?
6. Are biases healthy or adaptive?
7. How should we feel about ourselves?
8. Does it matter how we present ourselves?

## Initial Demonstration 1:

Please rate yourself on each adjective, compared to the average MU ugrad.

1

2

3

4

5

Much less  
than Average

Average

Much more  
than Average

1. Creative

2. Kind

3. Smart

4. Honest

5. Open

6. Loyal