

Podcast Homework:

Using the psychology of self, to examine the cognitive aspects of ourselves. To then determine, in what ways we are in alignment, and in what ways we have our foot on our own damn neck.

B. Bad Bits, The Podcast EP 31: 

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But first, here's a little bit about me. I am B. Bad, an unapologetic, self actualization content creator. Through my own awakening, birthed my mission of helping other Black femmes to actualize themselves. In order to both discover, and walk in alignment with their divine purpose.

This year, my content is centered, on helping all of y'all to kickstart your own journey of self actualization. Through my themed **monthly series**.

In the process of recording episode 31 of my podcast, **B. Bad Bits**. Which focuses on the psychology of self, I realized, that it required a bit of homework. In order to take the lesson to the next level! I hope you are able to find this useful, no matter where you are in your journey!

Love & Light!

B. Bad



Self Concept: a knowledge representation that contains knowledge about us, including our beliefs about our personality traits, physical characteristics, abilities, values, goals, and roles, as well as the knowledge that we exist as individuals. | Source: Principles of Psychology, Stagnor

To Do: examine your own self concept. What is your belief system around who you are? Write out those beliefs of self in the column to the left. Once you've written all of them. Determine which are in alignment with who you want to be, and which are hindering your from that. i.e. in what ways do you have your foot on your own neck?

SELF CONCEPT	IN ALIGNMENT	FOOT ON OWN NECK

Self Awareness: the extent to which we are currently fixing our attention on our own self-concept. When our self-concept becomes highly accessible, because of our concerns about being observed and potentially judged by others, we experience the publicly induced self-awareness known as self-consciousness. | **Source:** Principles of Psychology, Stagnor

To Do: looking at self awareness, and the publicly induced version, self consciousness. Take a look at all of the aspects of yourself, that are unique to you. From quirks to character traits, and list them in the left column. Making note of which you may feel self conscious about, in the middle. From there, I want you to list/try to identify the root cause of the self consciousness you're carrying, to the right.

SELF AWARENESS	SELF CONSCIOUSNESS	THE ROOT

Looking Glass Self: the concept of the looking-glass self states that part of how we see ourselves comes from our perception of how others see us | Source: Principles of Psychology, Stagnor

To Do: what beliefs are you holding of yourself that don't belong to you? Write a list of your beliefs of self, to the left. From there, sort through which of them are from self, and which are from external sources. For each, work to determine/identify the root cause or source of that belief.

BELIEFS OF SELF	PERSONAL BELIEF	EXTERNAL BELIEFS

