

## SELF

Have humans always been concerned about themselves, their self, their worth, their place in the world, etc?

Do we, as Americans, on average have a problem with ourselves? our self-esteem?

Does our culture over-emphasize “self”?

*Self Matters: Creating Your Life from the Inside Out*, by Phillip C. McGraw

Publisher's Comments: “Your life has a root core that, once understood, unlocks a powerful force to create your life the way it was meant to be, the way you want and need it to be. In this groundbreaking work, Dr. Phil challenges you to find your “authentic self” — that person you once were before life took its toll. It is you at your greatest, most fulfilled, most real moment. It is the person you have always wanted to be, but were too distracted, busy, or scared to become. Instead, you have created a “fictional self,” taking on the identity of who you believe you are supposed to be, the person people tell you you are. The incongruence between these two selves is what leads you to feel that your life is incomplete, unbalanced, and altogether more difficult than it really should be.”

*Trapped in the Mirror: Adult Children of Narcissistic Parents in Their Struggle for Self*, by Elan Golomb  
*A circle of stones :woman's journey to herself*, by Judith Duerk

*Gods in Everyman: A New Psychology of Men's Lives and Loves*, by Jean Shinoda Bolen

*Learning to Love Yourself: Finding Your Self-Worth*, by S Wegscheider Cruse



Are self-help books/programs useful?

♀♂ From Powells.com bookstore: Men's self help titles: 44; Women's self help titles: 311

Do women need more help for their “self” or are they just more likely to get help?

How much should I love myself?

What about self-esteem? What is too low...what is too high?

What does the Bible say about how we should see ourselves?

**Philippians 2** <sup>3</sup> Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

<sup>4</sup> Let each of you look out not only for his own interests, but also for the interests of others.

**Romans 12** <sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.<sup>3</sup> For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

**Psalms 25** <sup>9</sup> The humble He guides in justice, And the humble He teaches His way.

**Proverbs 29** <sup>23</sup> A man's pride will bring him low, But the humble in spirit will retain honor.

**Matthew 23** <sup>12</sup> And whoever exalts himself will be humbled, and he who humbles himself will be exalted.

**James 4** <sup>10</sup> Humble yourselves in the sight of the Lord, and He will lift you up.

**Matthew 22** <sup>39</sup> And the second is like it: "You shall love your neighbor as yourself."<sup>[1]</sup> [22:39 Leviticus 19:18]

What does the Bible say about our nature?

**Romans 3** <sup>10</sup> As it is written: "There is none righteous, no, not one; <sup>22</sup> even the righteousness of God, through faith in Jesus Christ, to all and on all<sup>[1]</sup> who believe. For there is no difference; <sup>23</sup> for all have sinned and fall short of the glory of God, <sup>24</sup> being justified freely by His grace through the redemption that is in Christ Jesus,

**Romans 7** <sup>15</sup> For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. <sup>16</sup> If, then, I do what I will not to do, I agree with the law that it is good. <sup>17</sup> But now, it is no longer I who do it, but sin that dwells in me. <sup>18</sup> For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. <sup>19</sup> For the good that I will to do, I do not do; but the evil I will not to do, that I practice. <sup>20</sup> Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.

**Romans 8** <sup>5</sup> For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. <sup>6</sup> For to be carnally minded is death, but to be spiritually minded is life and peace. <sup>7</sup> Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. <sup>8</sup> So then, those who are in the flesh cannot please God.

<sup>9</sup> But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. <sup>10</sup> And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. <sup>11</sup> But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

What role should Jesus play in your self-help program?

**Matthew 11** <sup>28</sup> Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Does God help those who help themselves?

## **Publisher Comments:**

Your life has a root core that, once understood, unlocks a powerful force to create your life the way it was meant to be, the way you want and need it to be. Key questions and an amazingly clear "map" are now at your fingertips to begin your journey to "Live by Design." These are questions that, with the help of this book, you can answer and bring into action-oriented focus:

- What are the ten most defining moments of your life?
- What are the seven most critical choices you have made to put you on your current path?
- Who are the five most pivotal people in your world and how have they shaped you?

Identifying and working with these key elements are at the heart of Dr. Phillip C. McGraw's latest work, *Self Matters*, and soon they will be at the heart of your own new work: you.

Through his books, McGraw has changed the lives of millions. In introducing the world to his matter-of-fact, tell-it-like-it-is philosophy of life, Dr. Phil, as he is known to his legions of fans, has put an end to the "everyone's a victim" attitude that had taken hold of our culture. Published in over twenty-five countries, and with millions of books sold, his two number one bestsellers, *Life Strategies* and *Relationship Rescue*, forced readers to take a serious look at the excuses they had so long been clinging to as to why they were not happy, not successful, and not enjoying their one chance at living.

Now, Dr. Phil takes those lessons a great leap further and explores one of the most challenging questions facing us all: When you look in the mirror, who is truly hiding beneath that face? Instead of taking a surface look at the way we live our lives, Dr. Phil demystifies how your self-concept came to be and gives a nuts-and-bolts approach to creating a new plan for living and, in turn, for discovering the real you.

In this groundbreaking work, Dr. Phil challenges you to find your "authentic self" — that person you once were before life took its toll. It is you at your greatest, most fulfilled, most real moment. It is the person you have always wanted to be, but were too distracted, busy, or scared to become. Instead, you have created a "fictional self" — taking on the identity of who you believe you are supposed to be, the person people tell you you are. The incongruence between these two selves is what leads you to feel that your life is incomplete, unbalanced, and altogether more difficult than it really should be.

The good news is it no longer needs to be that way. By using the plan set forth in *Self Matters*, Dr. Phil helps you to demystify your self-concept and learn how to reclaim your authentic self. In evaluating your life by only the facts, you can learn to think beyond the excuses and fears that have masked the person you have always wanted to be.

*Self Matters* is one of the most forward-thinking works on self-concept and self-esteem ever published. For the first time, an author tells it how it is and, in the process, teaches us all how to live the lives we have always wanted but prevented ourselves from living. We get only one chance in this world, and now, Dr. Phil shows all how to make the most of it.

## **Table of Contents:**

1. What If...?
  2. Defining the Authentic Self
  3. Your Self-Concept  
Introduction to External Factors
  4. Your Ten Defining Moments
  5. Your Seven Critical Choices
  6. Your Five Pivotal People  
Introduction to Internal Factors
  7. Locus of Control
  8. Internal Dialogue
  9. Labels
  10. Life Scripts  
Introduction to the Five-Step Action Plan
  11. Putting the Plan to Work
  12. Sabotage
- Epilogue  
Appendix A  
Appendix B