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## Chapter 7: Self-concept and gratitude

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How we see ourselves, how we think of ourselves in relation to the rest of society, what our image is of an “ideal self”, and what we feel we deserve from others, are all part of what we call self-concept. We have dealt with many self-concept issues already in this course. An important part of self-concept is called self-esteem (or the extent to which you like yourself).

A particular problem for some aggressive people is a “tough-guy” self-concept. People with this sort of self-image may feel that they should be tough enough to handle the negative opinions of others. Yet over time, a sense of dissatisfaction with themselves develops. They often come to have low self-esteem.



***Loving yourself is something only you can do.***

***It can't be done for you***

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### Self-esteem

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Perhaps surprisingly, low self-esteem is a common problem for people who are aggressive. Possibly this is because deep down inside, people who have the habit of being angry all the time, feel badly about how they have treated others and about what others think of them. The complaints of other people who receive aggressive treatment eventually may affect the aggressive person who may begin to experience self-hatred.

1. Do you have a negative opinion of yourself, or do you find yourself saying negative things about yourself under your breath all the time (this is sometimes called negative self-talk)?

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