

ELEMENTS OF THE LIFESTYLE: THE COGNITIVE MAP

Personal Convictions about "Who & What is"

Self Concept: Who am I?

Picture of the World/Life:

- Life in general/ the social world (relationship between self and others)
- What the world demands of self

Personal Convictions about "What should be"

Ethical Convictions:

- The Ideal World
- Moral Judgments: the personal right/wrong code

Instructions for behavior

Self Ideal: Personal beliefs of who I should be/
What must I become?

Dominant Goal: What shall I pursue?

Methods of Operation: How shall I do it?

Distorted Personal Convictions due to feelings of inferiority

Corsini, R.J. (Ed.) (1984).

Shulman, B. and Mosak, H.(1988).