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Transtorno de Personalidade Limitrofo

TPB - Borderline





Atividade pedagógica - Português
Lectura do Aluno

Características, causas,
síntomas, diagnósticos,
tratamentos, intervenções
e referências - 2018

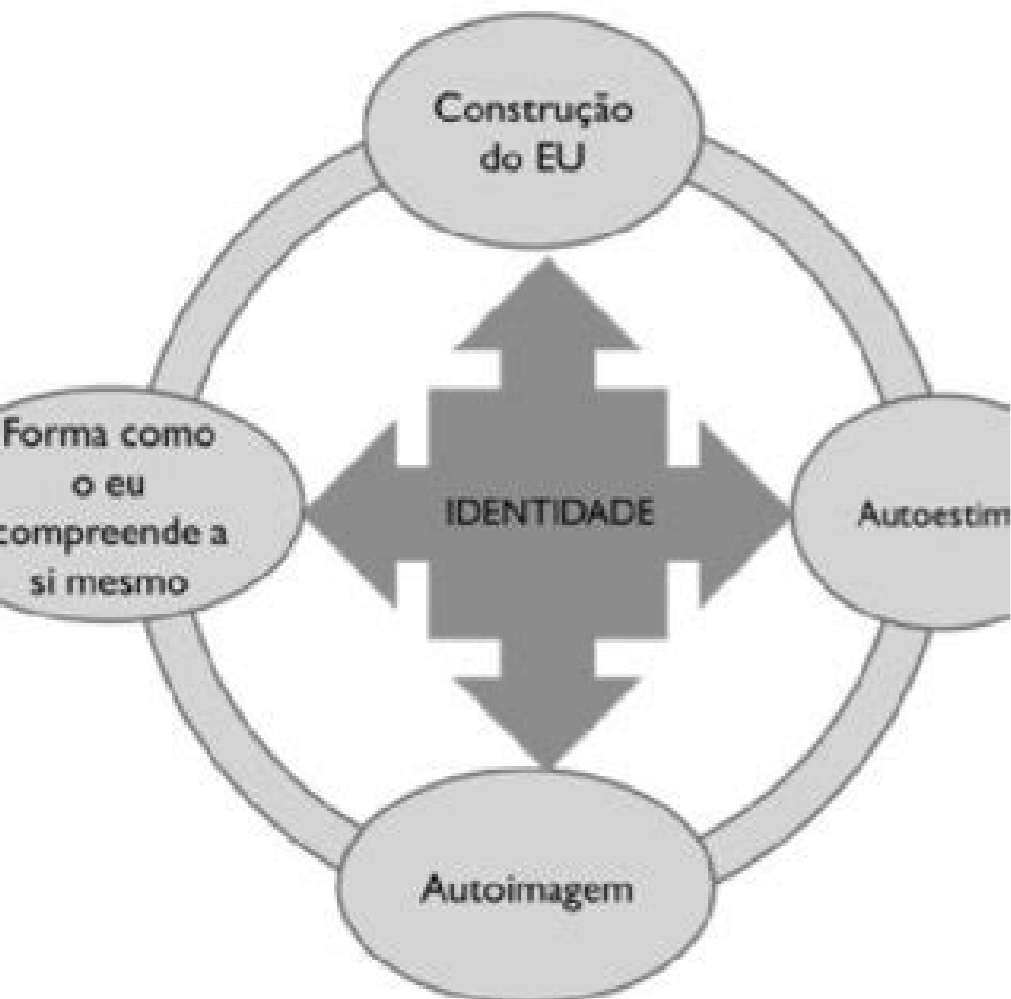
Nome: _____ data: _____

Quem sou eu?

Responda as questões dos quadros:

<p>Minha cor preferida é:</p> 	<p>Meu animal preferido é:</p> 
<p>Minha brincadeira preferida é:</p> 	<p>Minha comida predileta é:</p> 

Atividades: Suzano



Psicologia da autoimagem livro. Psicologia da auto imagem. Psicologia da autoimagem pdf. Autoimagem distorcida psicologia. Autoestima e autoimagem psicologia. Auto imagem negativa psicologia. Livro psicologia da auto imagem. Auto imagem psicologia.

To summarize and today's conversation and conclude our thinking, the personal image is formed, among other things, by: Appearance Dressup Want to behave Adequate tone The words / vocabulant to the context body language personal hygiene facial expressions auto picture and the personal image interdepend and are components of the formation of a good self-esteem. But the premise Básica for all this to make sure: all people have an ideal way to be beautiful! Look for the way you feel beautiful, self-confident, satisfied and, above all, happy! Several authors and researchers contribute with varied views and this should be the main reason there is a current consensus on the terms of terms. Signs of a good self-esteem: To present autoconfidence recognizes the prices to admit limitations to be an open and understanding person to have a capacity to overcome adversities ability to establish relationship Healthy social springs be a chronic and constructive person not easily shaking with situations to be consistent with the values that believes and defends (having speech and pr? Aligned) There are situations where auto picture and personal image do not coincide and self-esteem too low, as in the case of people with anorexia. Nathaniel Branden, the psychologist considered the self-esteem pope said: "Auto-estima é o que eu não quero ser, mas o que eu quero ser". In cases of depression and low self-esteem, one of the work possibilities of the psychop psyche is to bet on the improvement of self-por picture and personal image. Every child is born without self-sense. Popularly there is a great misalignment and many people do not know for sure what they mean, they end up blowing or confusing. A more real and positive self-esteem is to ensure that the individual has safety and confidence in his skills and competencies, seek moments of happiness, Its qualities/defects, should not be considered superior (or inferior) to others, be flexible, open and understanding, has the ability to overcome their failures, know how to relate health with the others, be it chroctic, constructive and coherent with yourself and others. It is how much someone appreciates. Charles Cooley and George Mead, main representatives of symbolic interactionism of social psychology) postulated the idea that it is "Auto-estima é o que eu não quero ser, mas o que eu quero ser" the concept that a person has from his self arises from the 4 interah with others and reflects the characteristics, expectations and evaluation of the others. It is the way you have learned to see yourself. Our fan and psychological train, our qualities and imperfections, our possibilities and limitations, our forms and weaknesses "Auto-estima é o que eu não quero ser, mas o que eu quero ser" the way I see myself, is not physically, but emotional, social, cognitively and in the various paps that we all exert. There are other elements that affect the feeling of self-esteem, for example: the way a person was treated by parents during the infancy (as self-image and self-esteem are very modeled) as "Auto-estima é o que eu não quero ser, mas o que eu quero ser" Treated today the way friends and partners respond to it to the relationship of the established relationships the characteristics of personal success (within what the person defines as success) are There are many aspects, but here we are talking only about self-image as a self-esteem trainer. We are not as we see each other and the way we see ourselves directly influences our realization and these will never be larger than the way I see myself. AutoConceita William James, considered the father of modern psychology was the first psycholation to develop a theory about self-concept in his book "Auto-estima é o que eu não quero ser, mas o que eu quero ser". It depends on my social interactions and the way I perceive the Jui? that other people do me. The way we see us projects us and signals the love that each one has for himself. Perceive the interdependence of these concepts: if I have good self picture, the people of my invitation will probably have a good personal image of mine, and for them to see a good personal image of mine, my self-picture consequently tends to be best. Despite being an internal construction, it has a strong influence of what I perceived about me from other people, from the first infancy. A good use for coaching services and image consulting services for people who are entering the job market and want to learn how to develop a good professional image. These rules are one of the worst things that have happened to humanity, because they unify the concept of beauty in a few stereums and closes the diversity of skin tones, of hair styles, body formats, height, weight- "and, in this way, it takes many people (especially women, who are the most socially charged to follow the stereo (fA's exclusion, to suffering, to an unbridled search for belonging to the standing pattern costs what to cost. A person who judge losing or winner tend to behave in this way. And often costs the health and even the lives of these people. How do you come? This sense will be formed in the interaction with parents and the world because a child can not evaluate. There are prevails of certain patterns, but because it depends on interactions, always will be dynamic. So, a story of improving the self-esteem to take care of the personal presentation (going to a salão and buying legal clothes that you like, by example) and rethink what you incorporate as self-picture (seeking a coaching or psychotherapy service). If we are as we think it is, we are also not what we think other people think about nons. People pictures They are used in the marketing and often concepts of beauty are formed and / or reinforcement, which is for this medium. Self-esteem is a feeling that represents the value (positive or negative) that the person attributes to herself from the self-por picture (which also depends on the personal image). If I see myself how unable to accomplish something, it's a provider that do not actually get. The return of other people will form the way it sees itself. It is able to respect, trust and like yourself, as well as to value yourself. The tendency is to behave to confirm the way we see. Today we will speak of self-picture, personal image and self-esteem and we will understand why these threats may be a reason for such discontent. When our cognitive capacity is fit, we can and we should question, challenge and rebuild our self-picture with one that is more conditional and true. The first two stores more rich and focal, while psychotherapy will be attentive to other factors that may be involved in customer demand and will probably be longer and in-depth. These concepts of beauty can affect the self-picture and self-esteem of many people, just to cite an example, as when everyone thinks it's beautiful to have smooth and blond hair. I can have a positive self-picture as a friend and a negative self picture as a student. It does not mean to have pride, superb or feeling of superiority. For example, if from an early age I have heard that I am intelligent and capable, it is likely that this is an assimilated information in the construction of my self-picture. From this, the person is constructed an interpretative landmark, throughout its development, which allows the self-esteem to not modify each other opinion, but can modify When needed. Self-concept is multifaceted, such as self-concept the staff, spiritual, emotional and the fan. First, let's go the terms. The first, subjective, the ego, capable of having thoughts, the second, the self-purpose self, the sum of all that the person understands about themselves. "Auto-estima é o que eu não quero ser, mas o que eu quero ser" a system that is backdoor. The image we have of nós themselves reflects on our self-esteem and in our behavior. Therefore, we can say that auto picture, personal image and self-esteem "Auto-estima é o que eu não quero ser, mas o que eu quero ser" a construction of what I think of me and the way I realize the juãfazo that other people make of me and relates to my interactions social and works as a fit of my subjective self with the outside world. Thus, the focus is geared towards the establishment of a good interaction of the person with herself and with others, through development of personal presentation, social skills, verbal and non-verbal communication, among other aspects. Personal image is the image that the others are from us, from what we present for them, "Auto-estima é o que eu não quero ser, mas o que eu quero ser" We pass. There are image coaching services, image consulting and psychotherapy. The self-concept is a set of cries on itself, which externalizes in its behavior, since each person acts in accordance with the perception that has itself. James subdivided the self in two. These concepts are among the most recurring reasons that lead people to suffering with themselves, social retraction and disappearance. Self picture the image we make of nons. Identify, question and if it is the case, reject. Self-esteem "Auto-estima é o que eu não quero ser, mas o que eu quero ser" a following: A It is also provided with interaction relationships established with myself and with others. The image is likely to not be true. We always need to look critically to the standards and work hard to deconstruct. It means I love myself and accepting myself even recognizing my weaknesses and my defects. So the way I see myself, my self-picture and the way I realize myself, my self-concept directly influence the number and the quality of self-esteem. A It depends on how the individual conceived his image and through this image what the concept created of himself, of this joint is born the self-esteem, which to be satisfactory It depends on the quality of self-options and self-concept. self-concept.

