



ATTENDANCE CHECK

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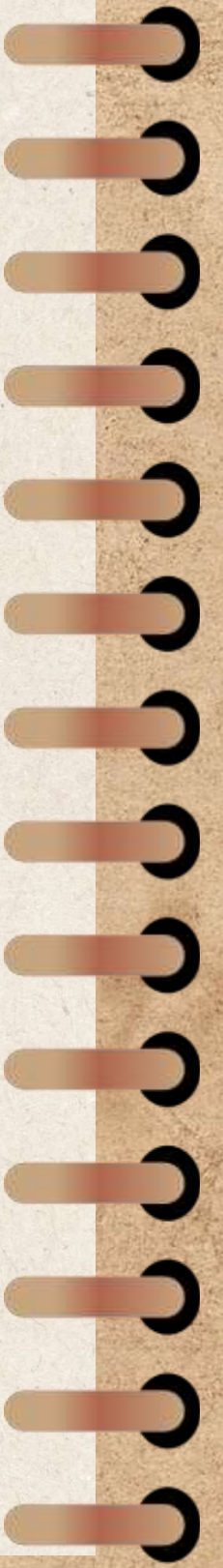


CHAPTER I:

THE SELF FROM VARIOUS PERSPECTIVES

Expected Learning Outcomes

- A. Discuss the different representations and conceptualizations of the self from various disciplinary perspectives.
- B. Examine the different influences, factors, and forces that shape the self.
- C. Compare and contrast how the self has been represented across the different disciplines and perspectives.
- D. Demonstrate critical and reflective thought in analyzing the development of one's self and identity by developing a theory of the self.

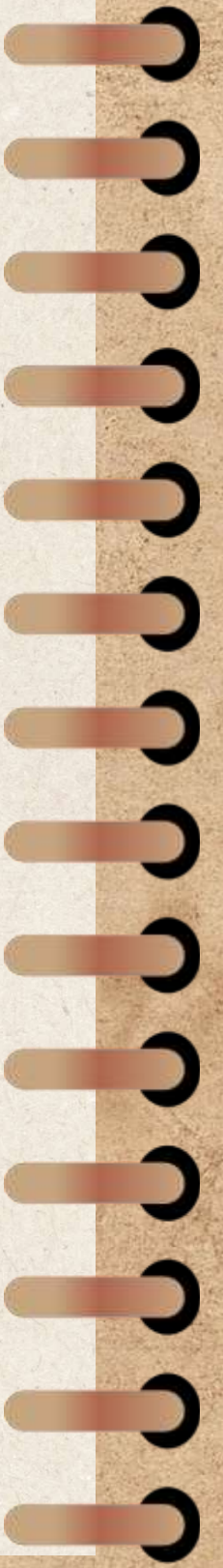


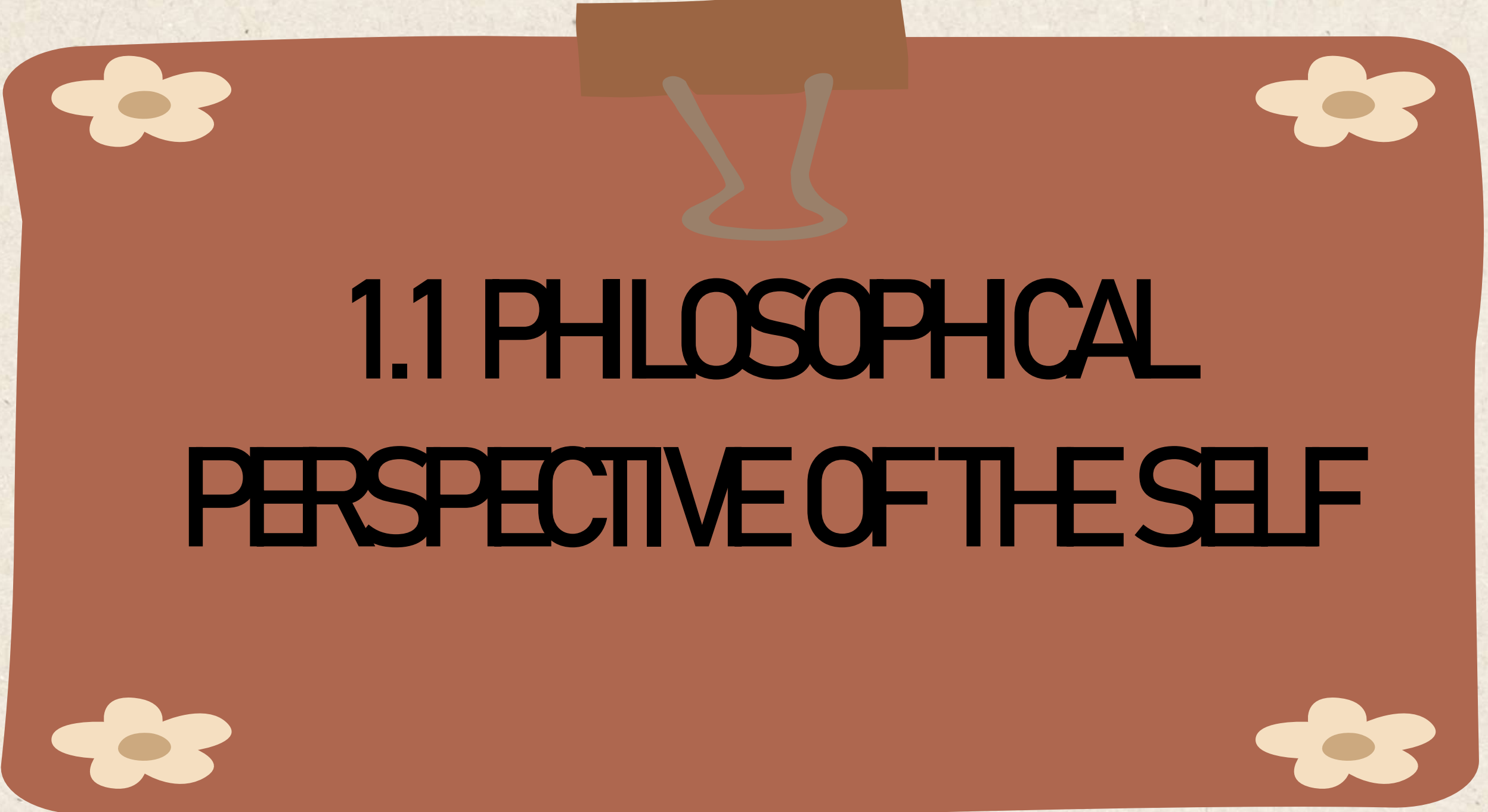
1.1 Philosophy

1.2 Sociology and Anthropology

1.3 Psychology

1.4 The Self in Western and Oriental/
Eastern Thought

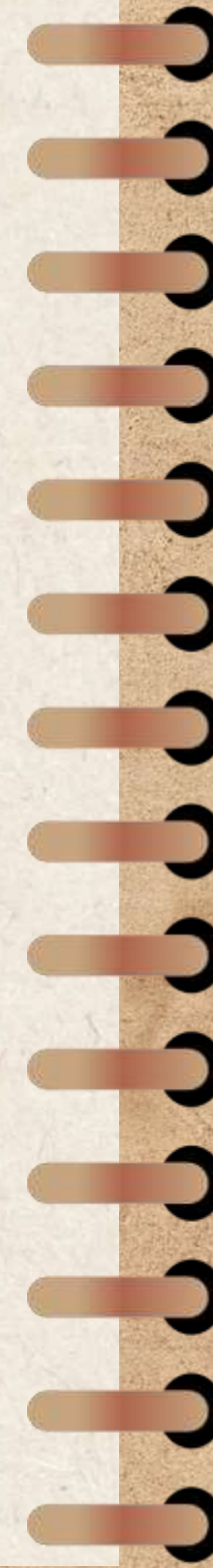




1.1 PHILOSOPHICAL PERSPECTIVE OF THE SELF

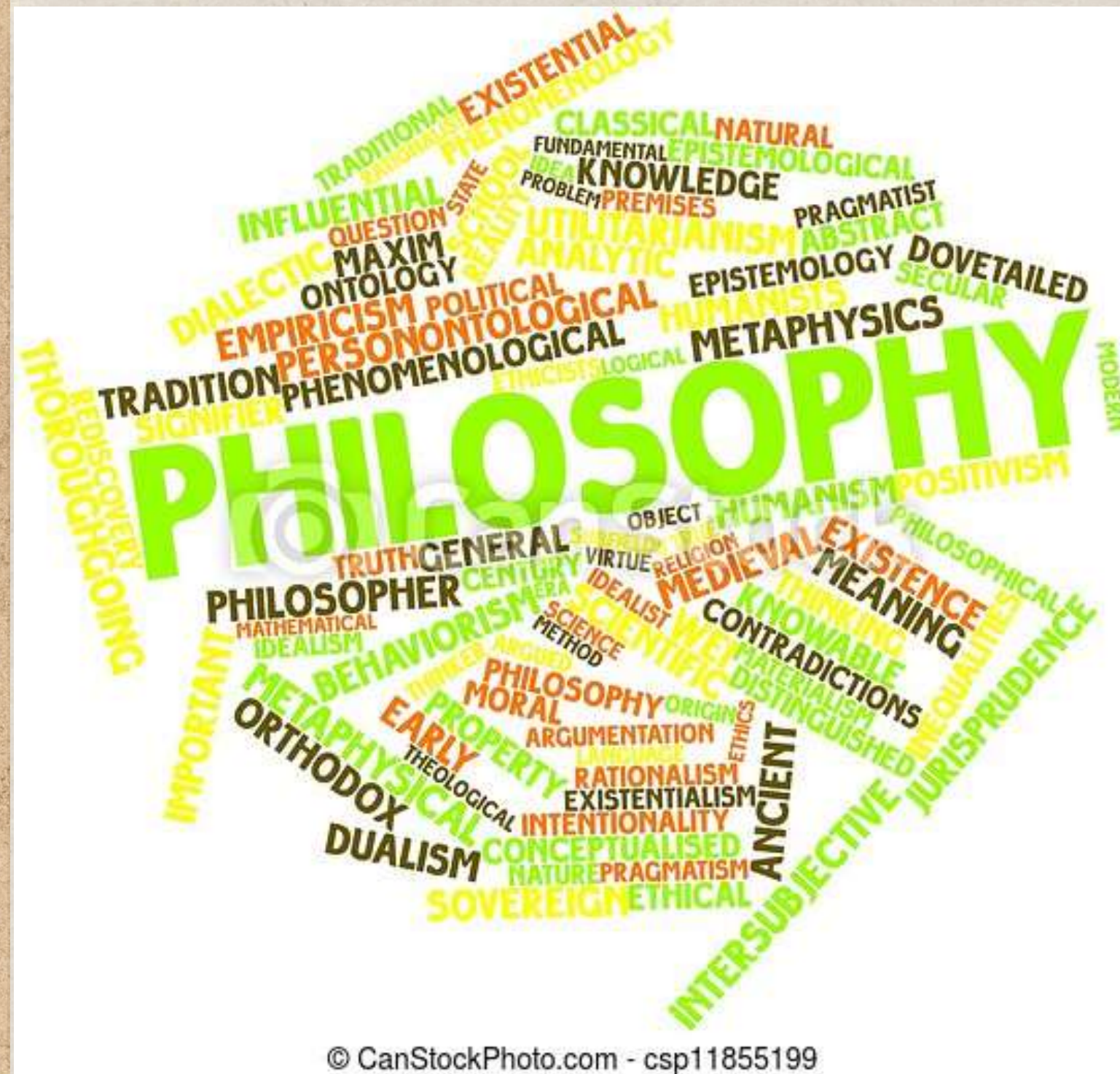


**DO YOU TRULY
KNOW
YOURSELF?**



Ask yourself

1. How would you characterize yourself?
2. What makes you stand out from the rest?
3. How has yourself transformed itself?
4. How is your self connected to your body?
5. What will happen to yourself after you leave this world?



WHAT IS PHILOSOPHY?

Philosophy is all about:

Finding answers to serious questions about ourselves and about the world we live in:

- What is morally right and wrong? And why?
- What is a good life?
- Does God exist?
- What is the mind?

Questioning existing knowledge and intuitions to get closer to the truth

What will you get out of Philosophy?

The skills are:

- Critical Thinking
- Argument Skills
- Communication
- Reasoning
- Analysis
- Problem Solving

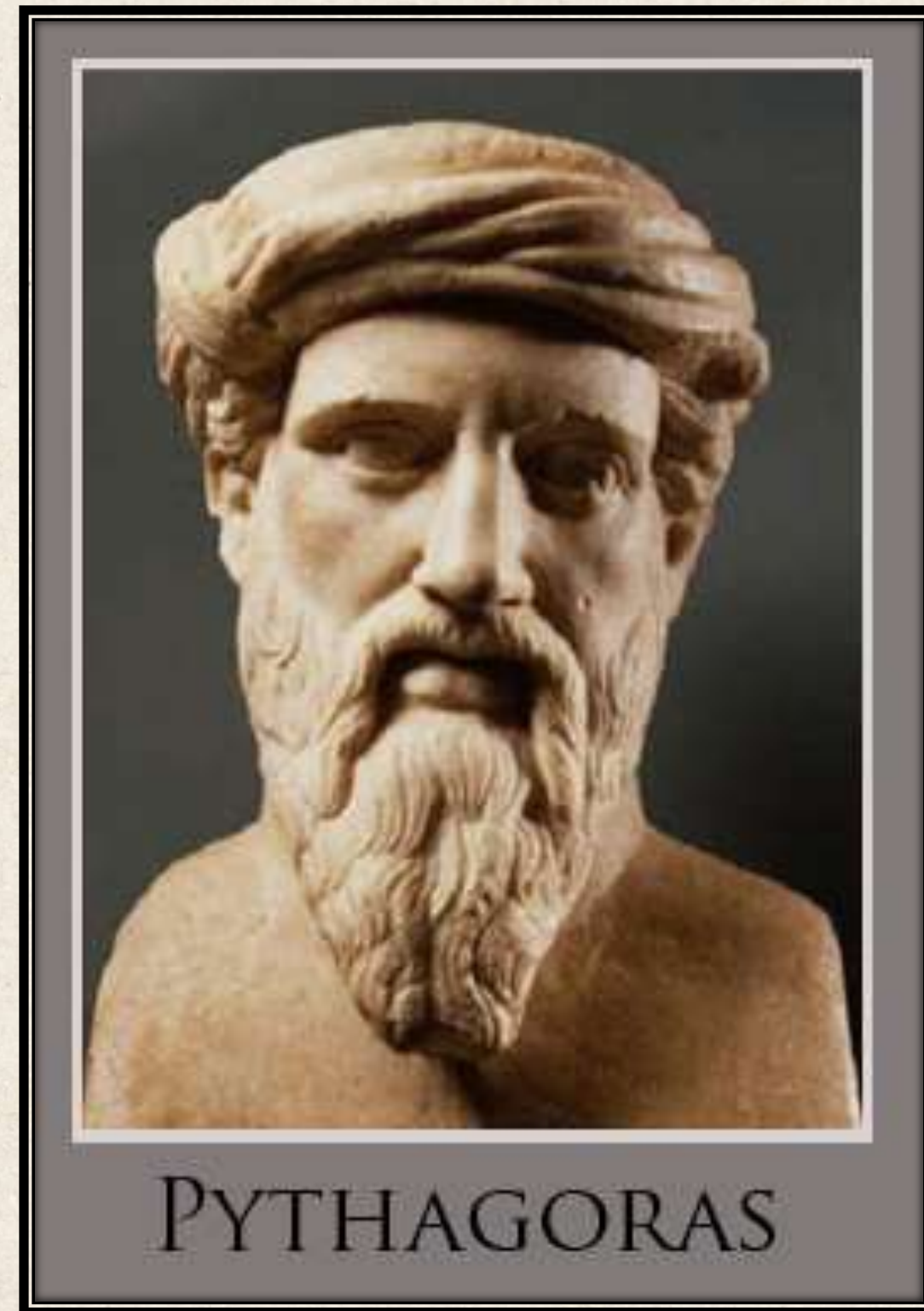
What will you get out of Philosophy?

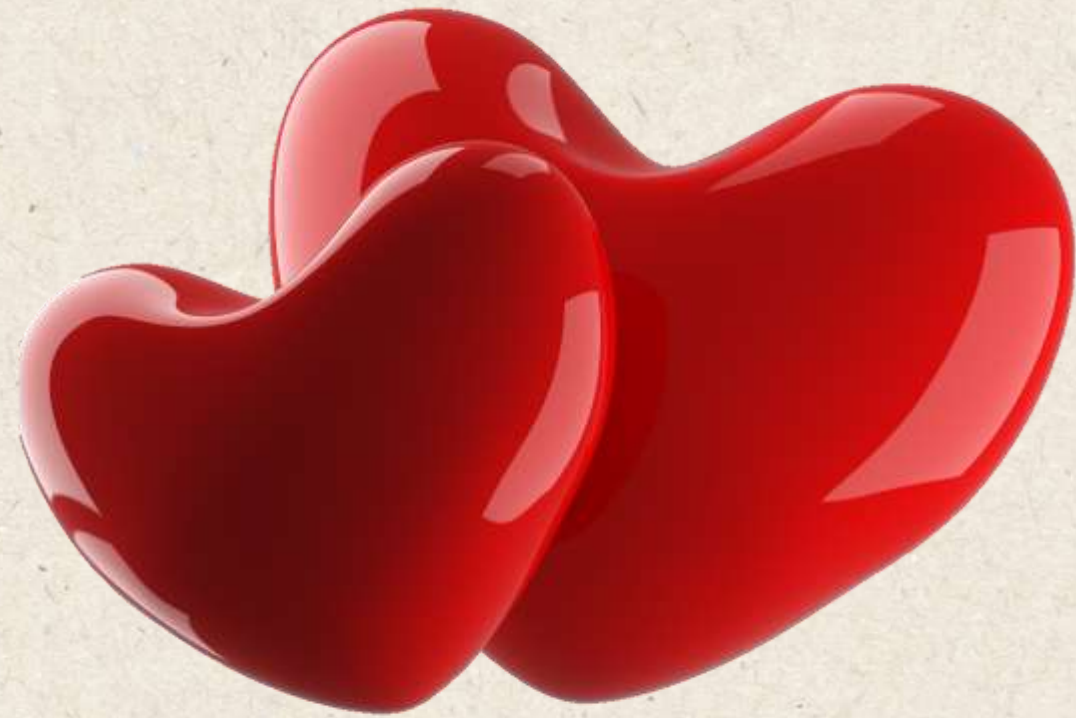
Which will allow you to:

- Justify your opinions
- Spot a bad argument, no matter what the topic is
- Explain to people why they are wrong and you are right
- Philosophy basically teaches you to think!

Pythagoras

The first to use the term philosophy





Greek word for “love”

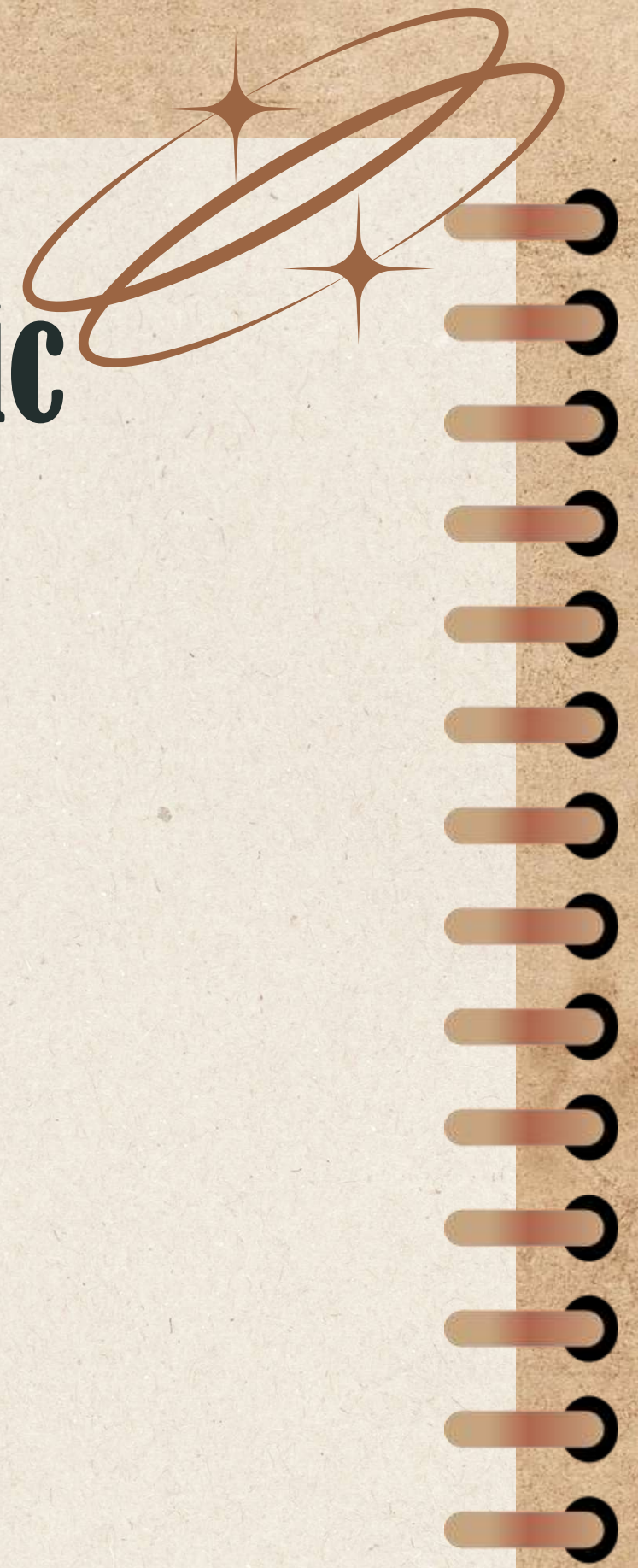


Greek word for “wisdom”

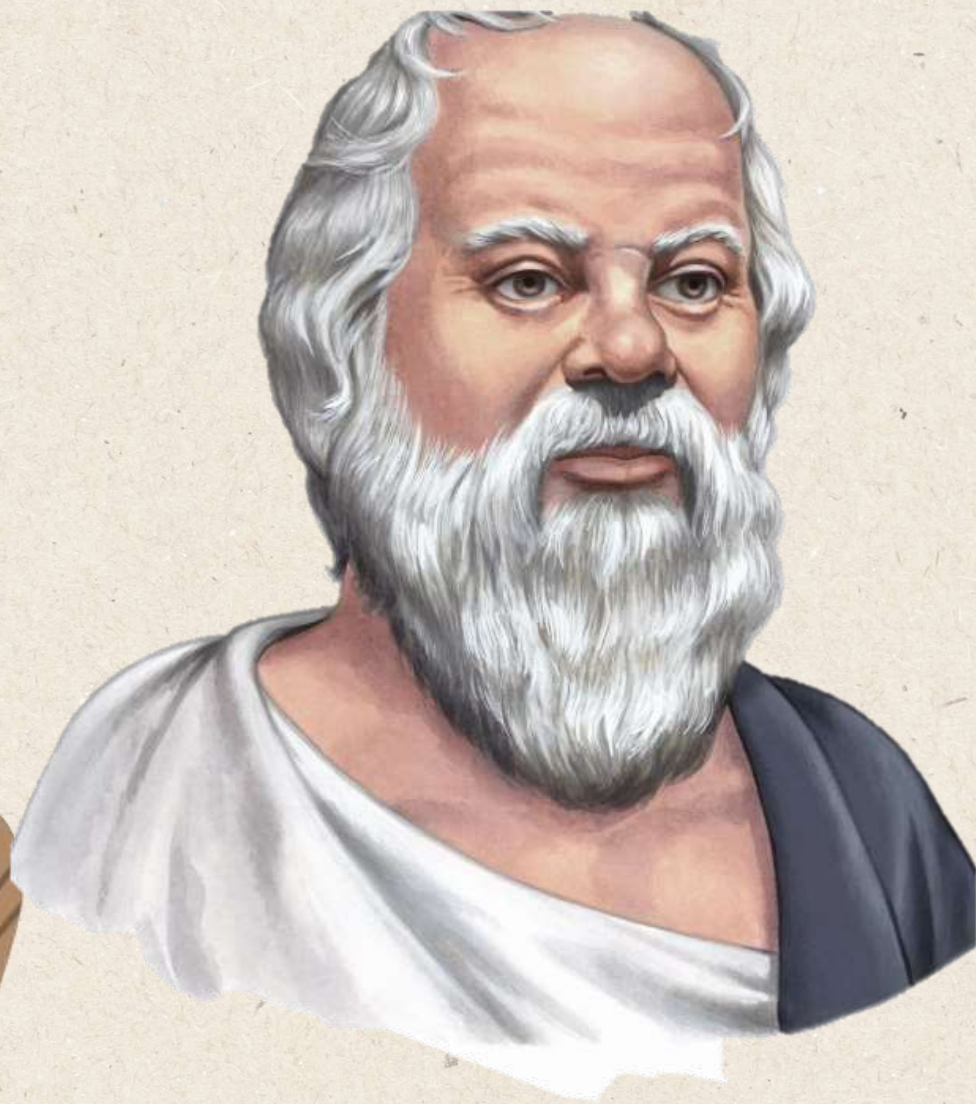
Love of Wisdom

Origin of Philosophy and Logic

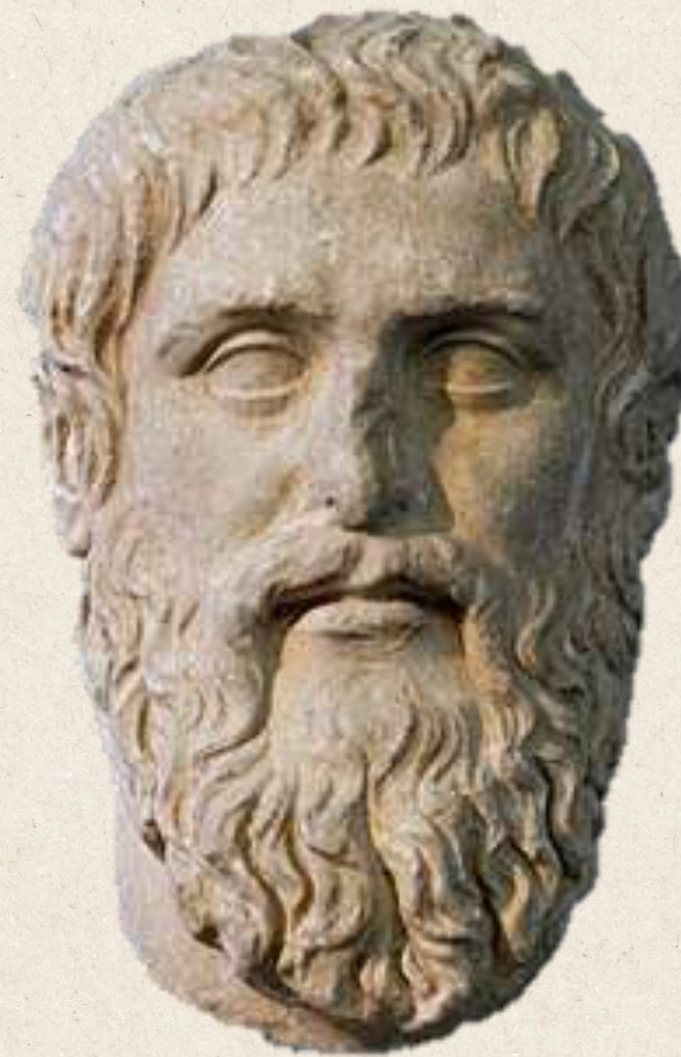
- Search for truth
- Search is to look for something
- Search for meaning
 - importance
 - significance
 - value
 - relevance
- Philosophy ask a lot of questions



Ancient Greek Philosophers



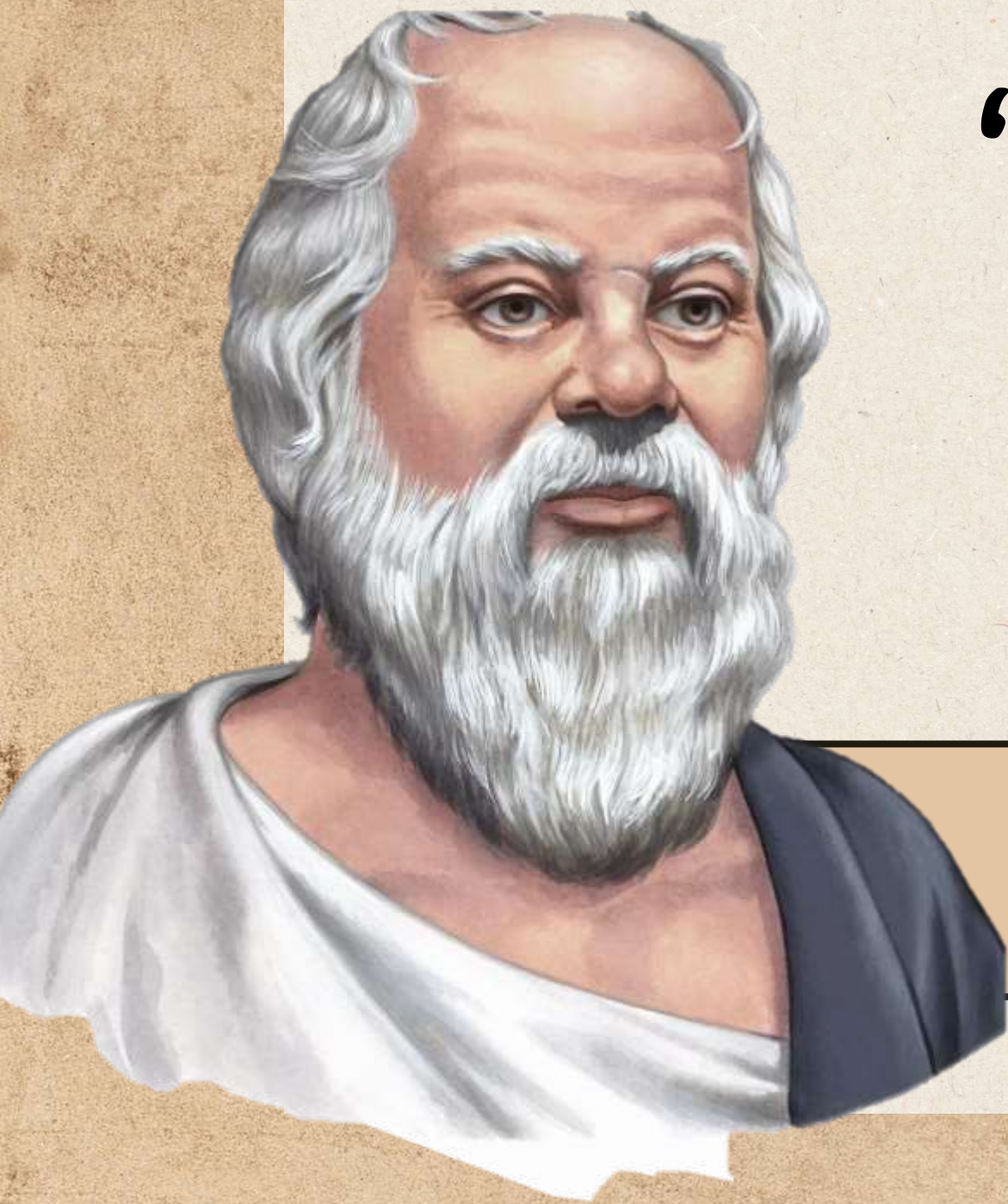
Socrates



Plato

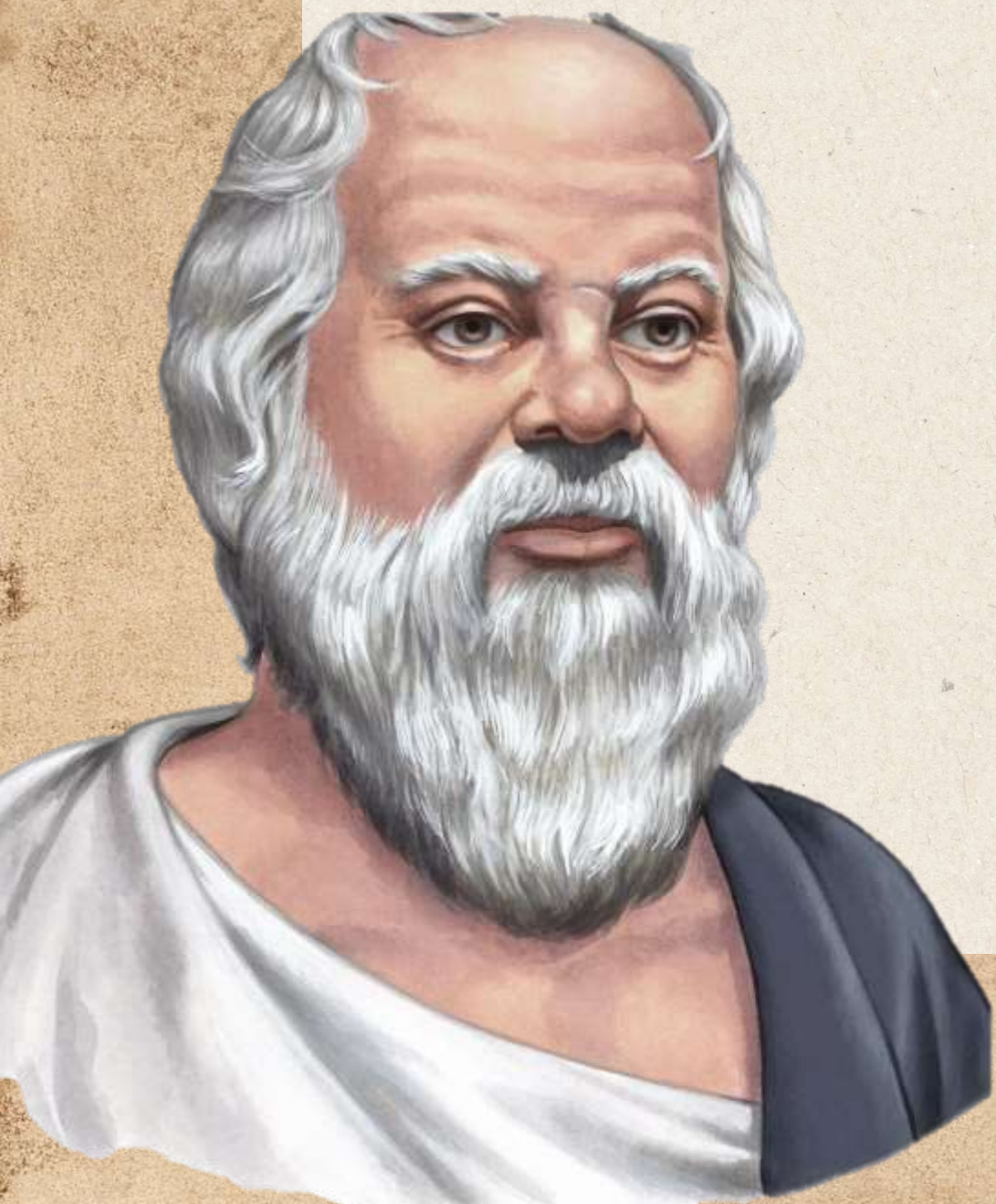


Aristotle

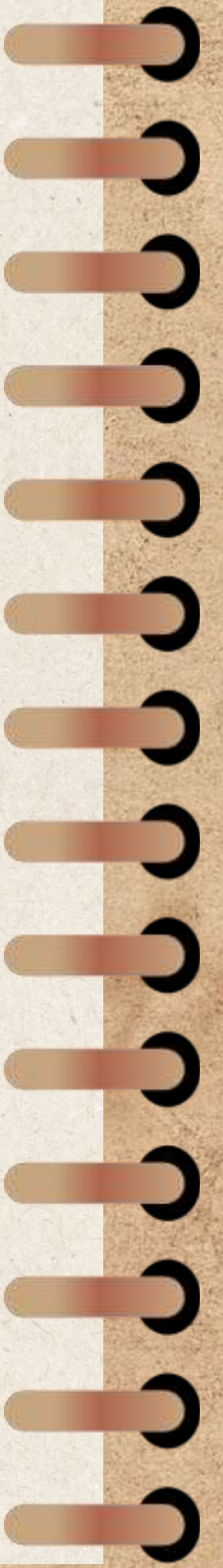


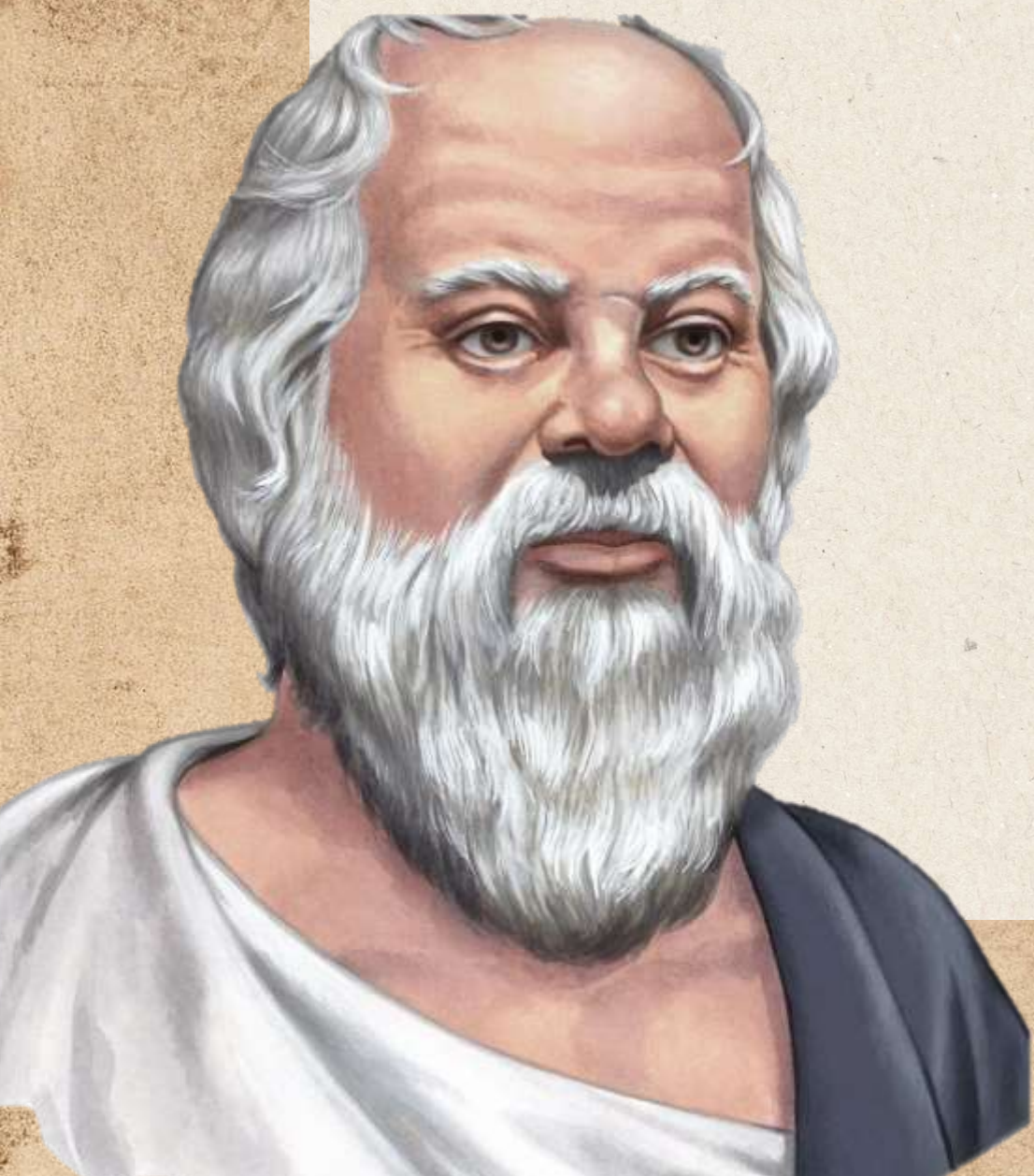
“Know Thyself”

Socrates



*“An unexamined life is not
worth living”*





- Every man is dualistic
- Composed of body and soul
- 2 important aspects of his personhood
 - Body (imperfect and impermanent)
 - Soul (perfect and permanent)

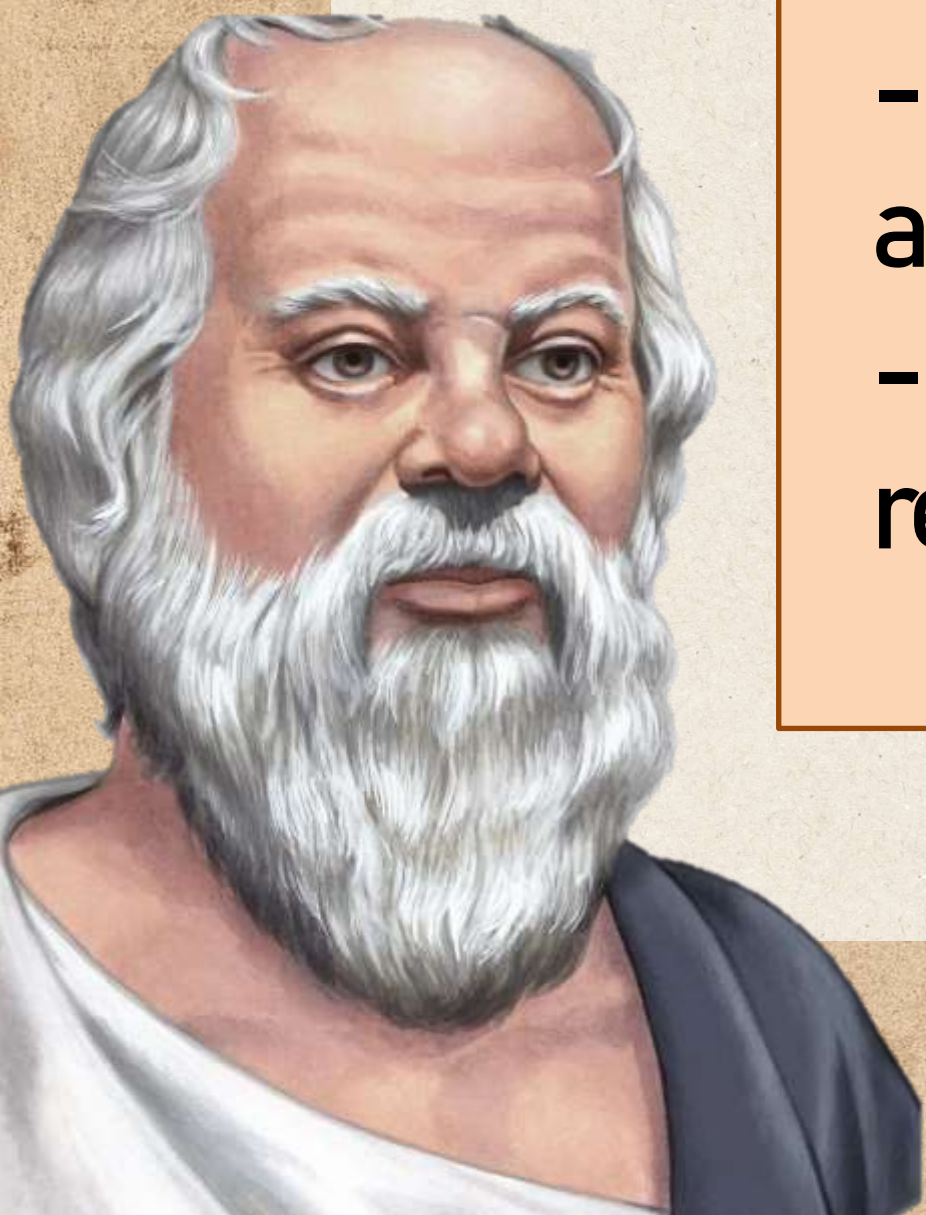
Socrates' Two Dichotomous Realms

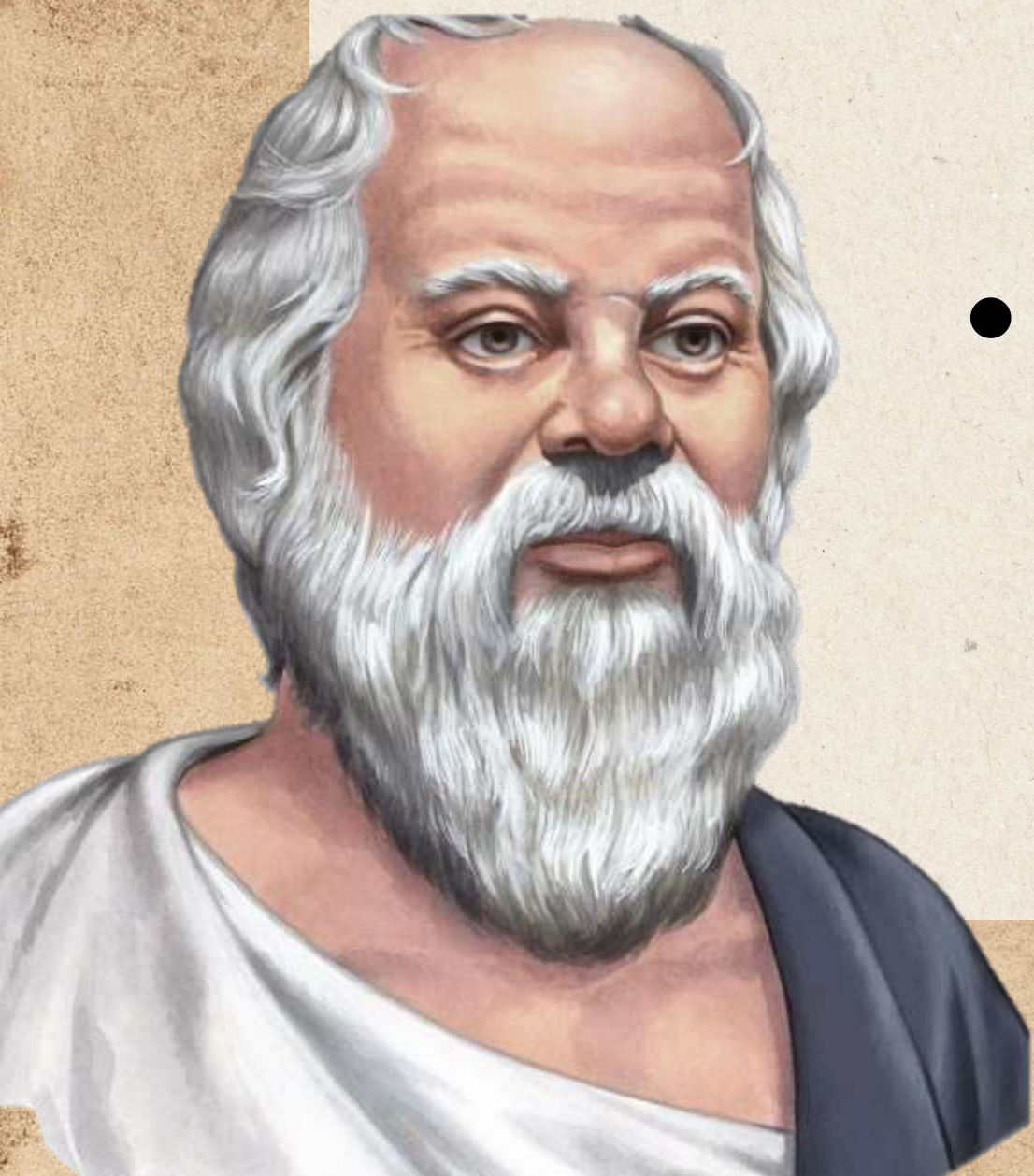
PHYSICAL REALM

- changeable, transient, and imperfect
- the body belongs to the realm

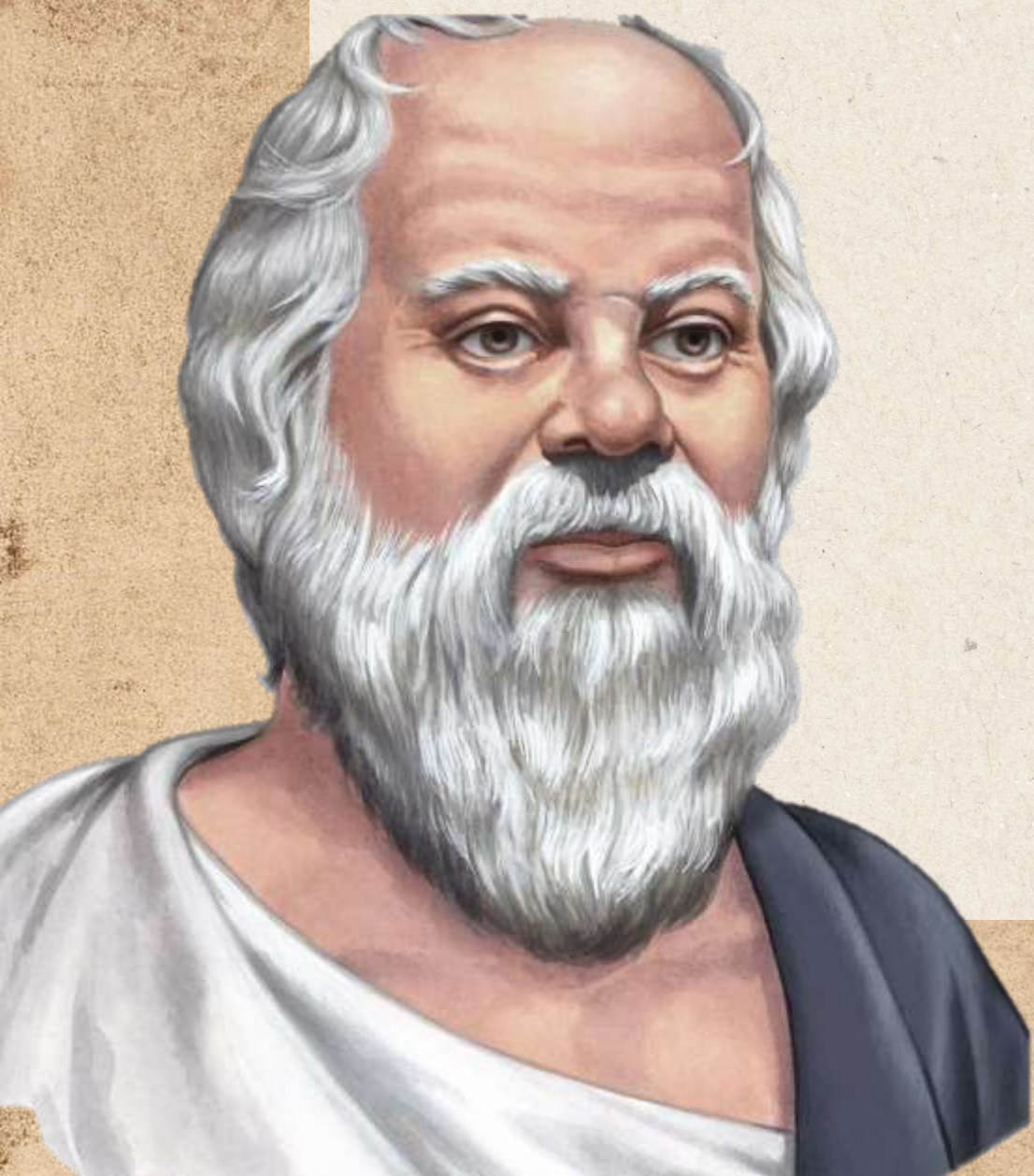
IDEAL REALM

- unchanging, eternal, and immortal
- the soul belongs to the realm

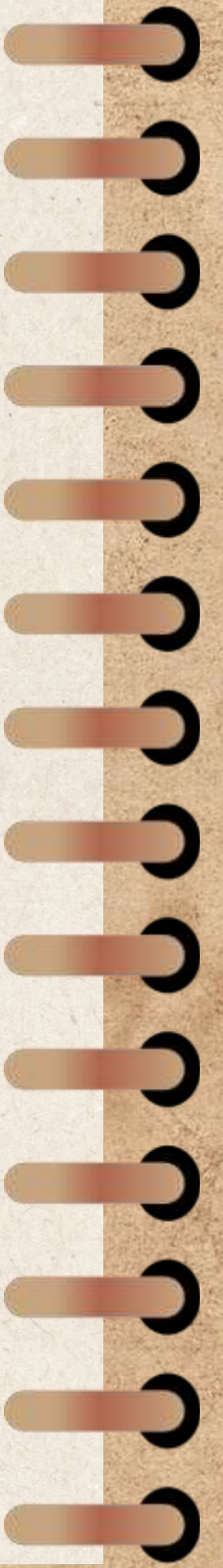


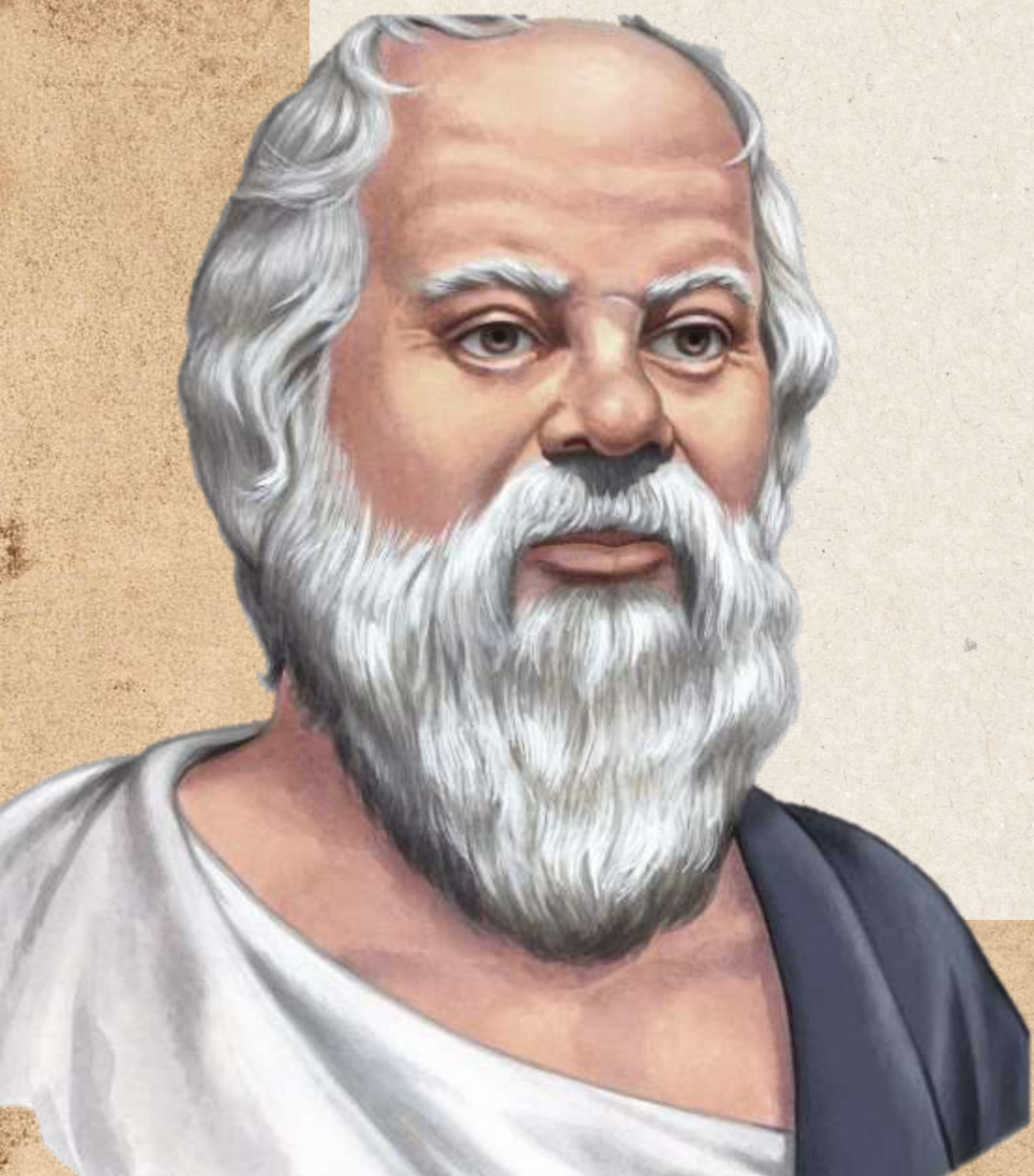


- Socrates was the first thinker to focus on the full power of reason on the human self: who we are, who we should be, and who we will become
- The soul strives for wisdom and perfection, and reason is the soul's tool to achieve an exalted state of life

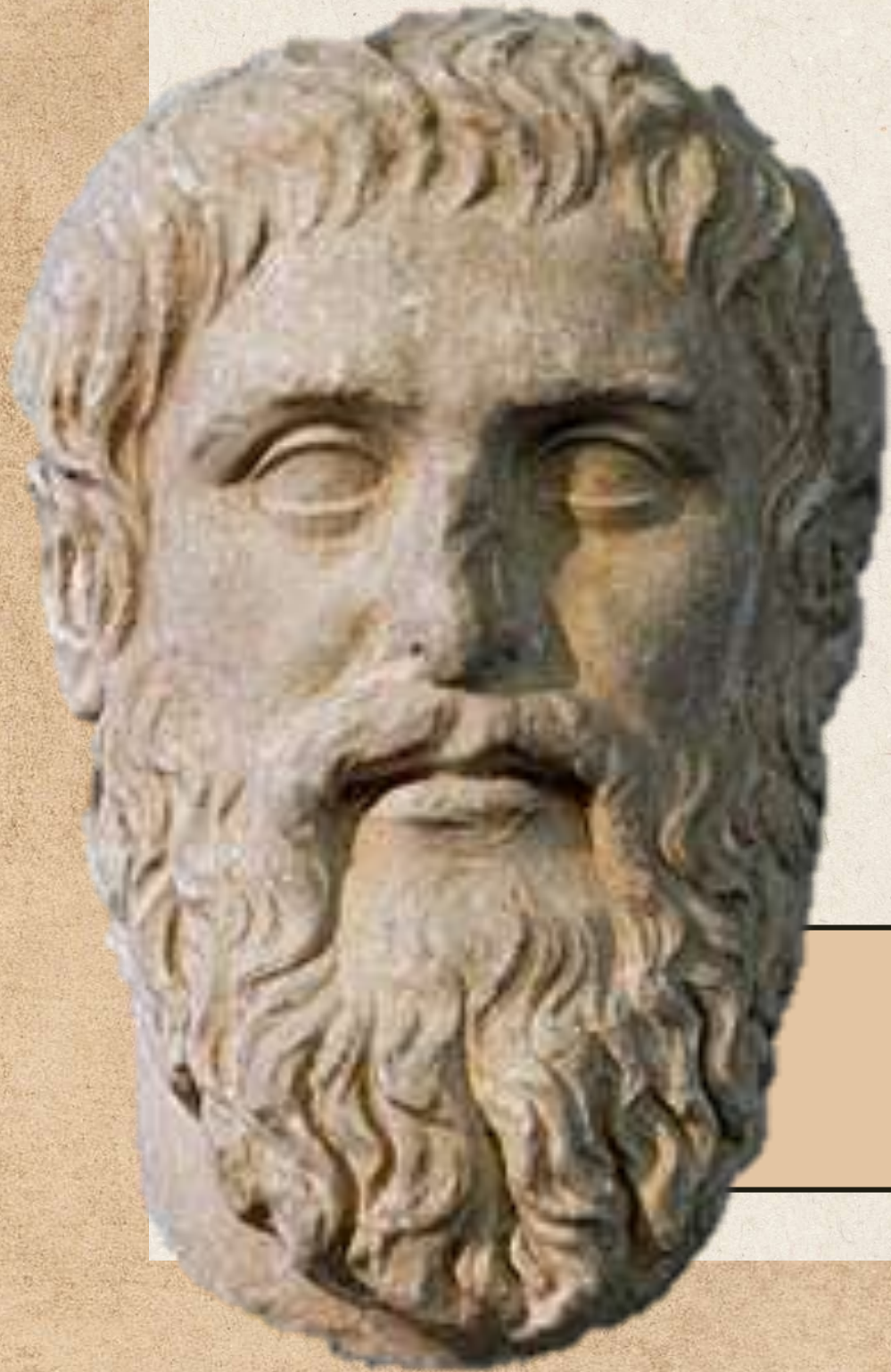


- Our preoccupation with bodily needs such as food, drink, sex, pleasure, material possessions and wealth keep us from attaining wisdom



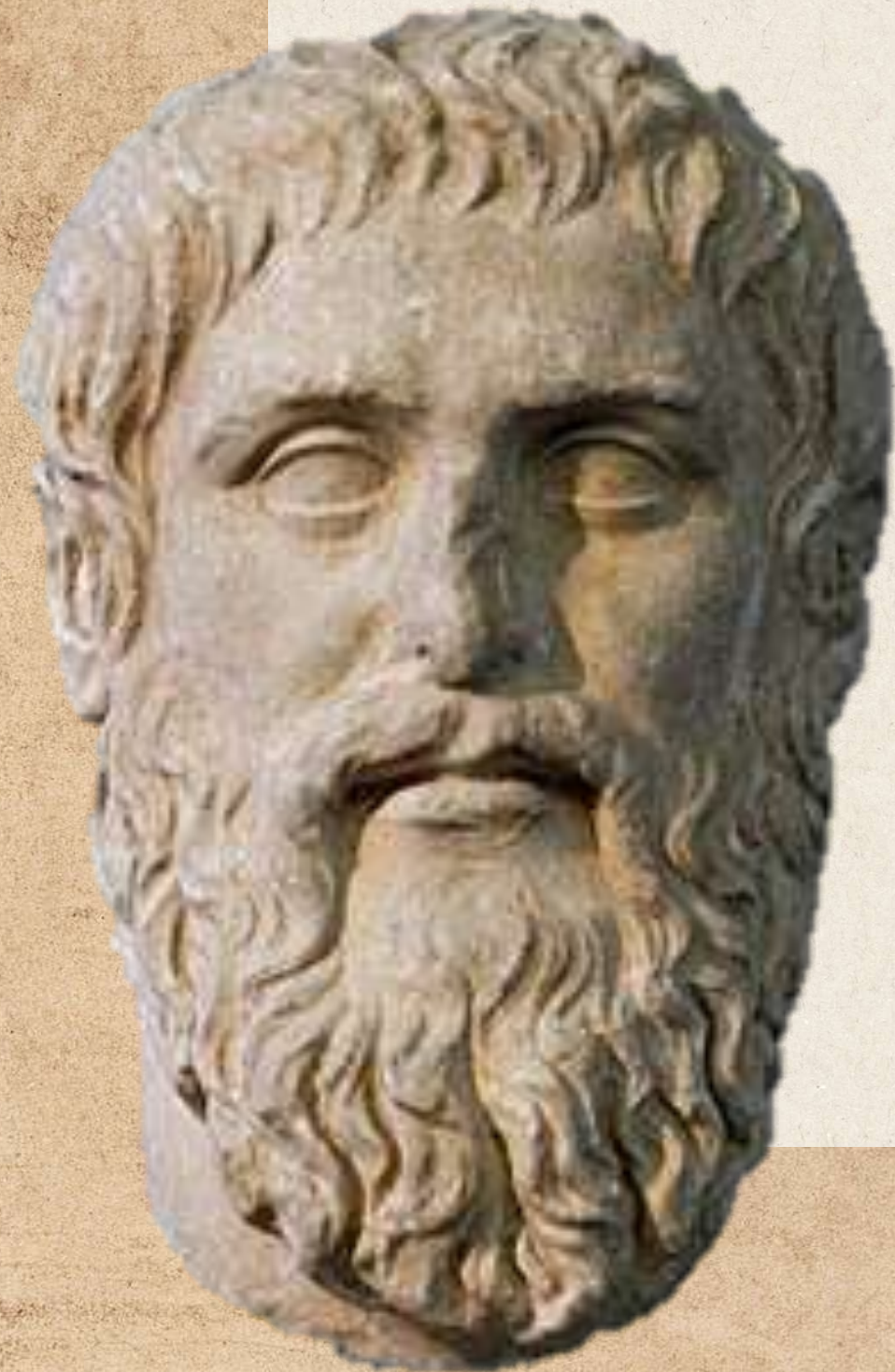


- A person can have a meaningful and happy life only if he becomes virtuous and knows the value of himself that can be achieved through constant soul-searching.

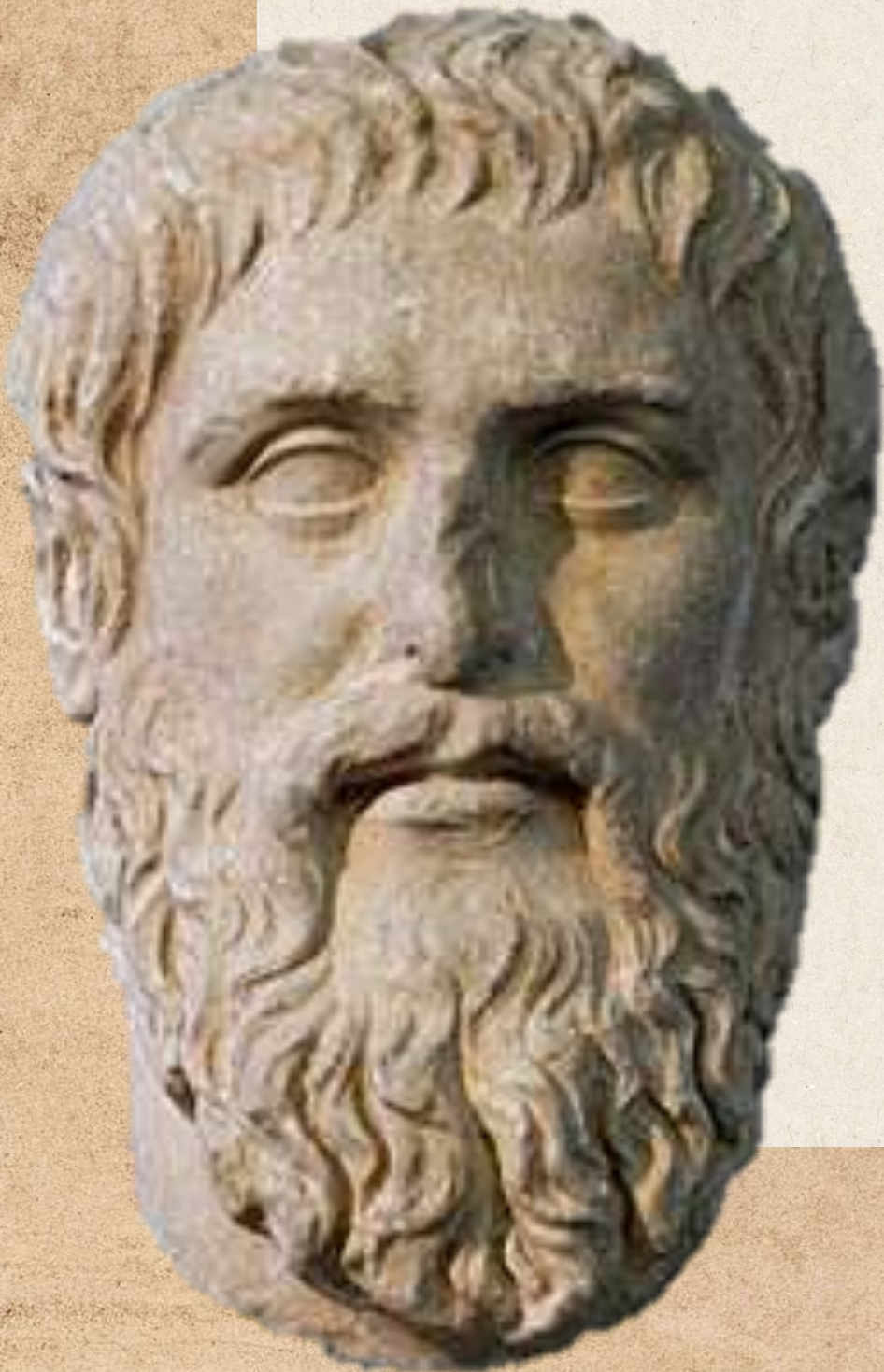


“The soul is immortal”

Plato



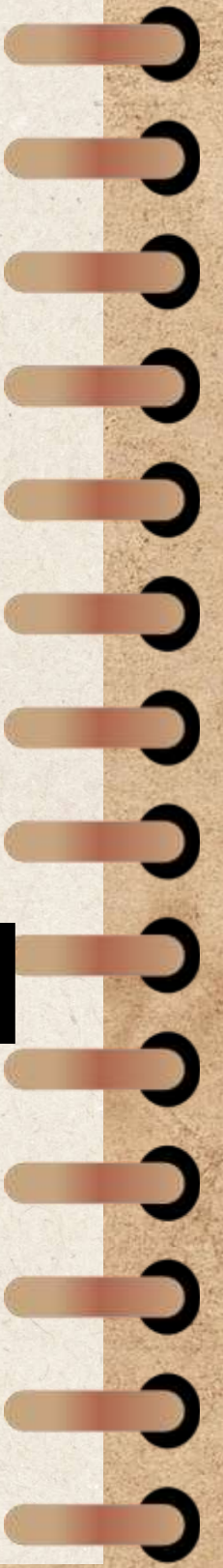
- A student of Socrates
- Philosophy of the self can be explained as a process of self-knowledge and purification of the soul
- He believed in the existence of the mind and soul
- Mind and soul are given in perfection with God

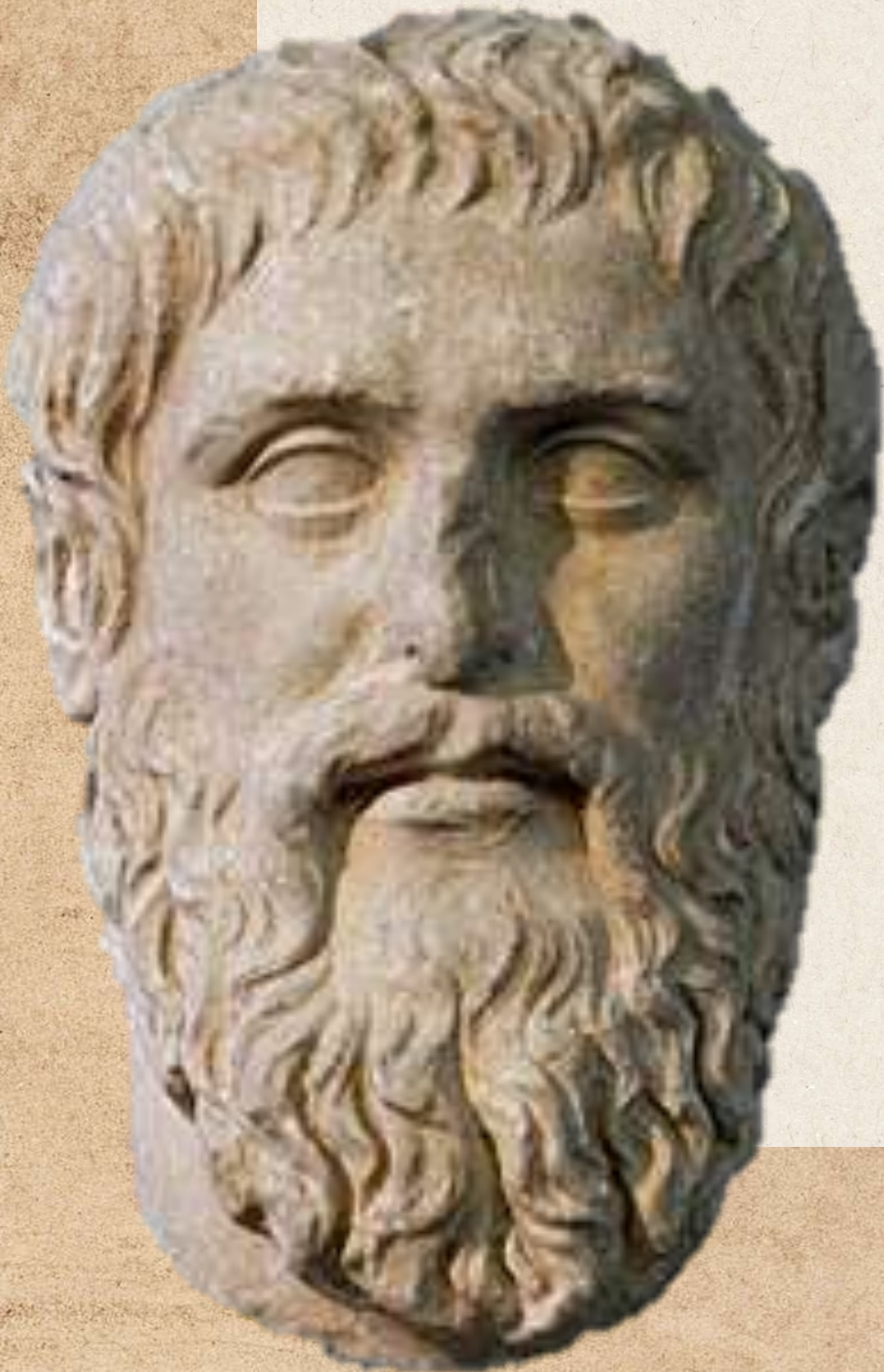


The soul has 3 parts

1. Rational Soul

- reason and intellect
- divine essence that enables us to think deeply, make wise choices, and achieve a true understanding of eternal truths

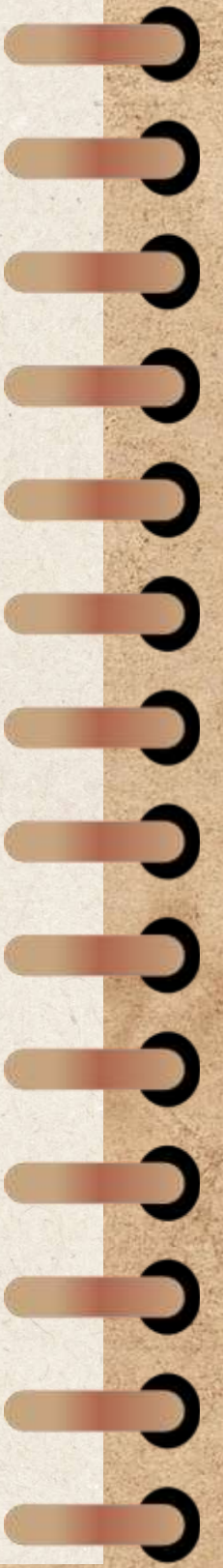


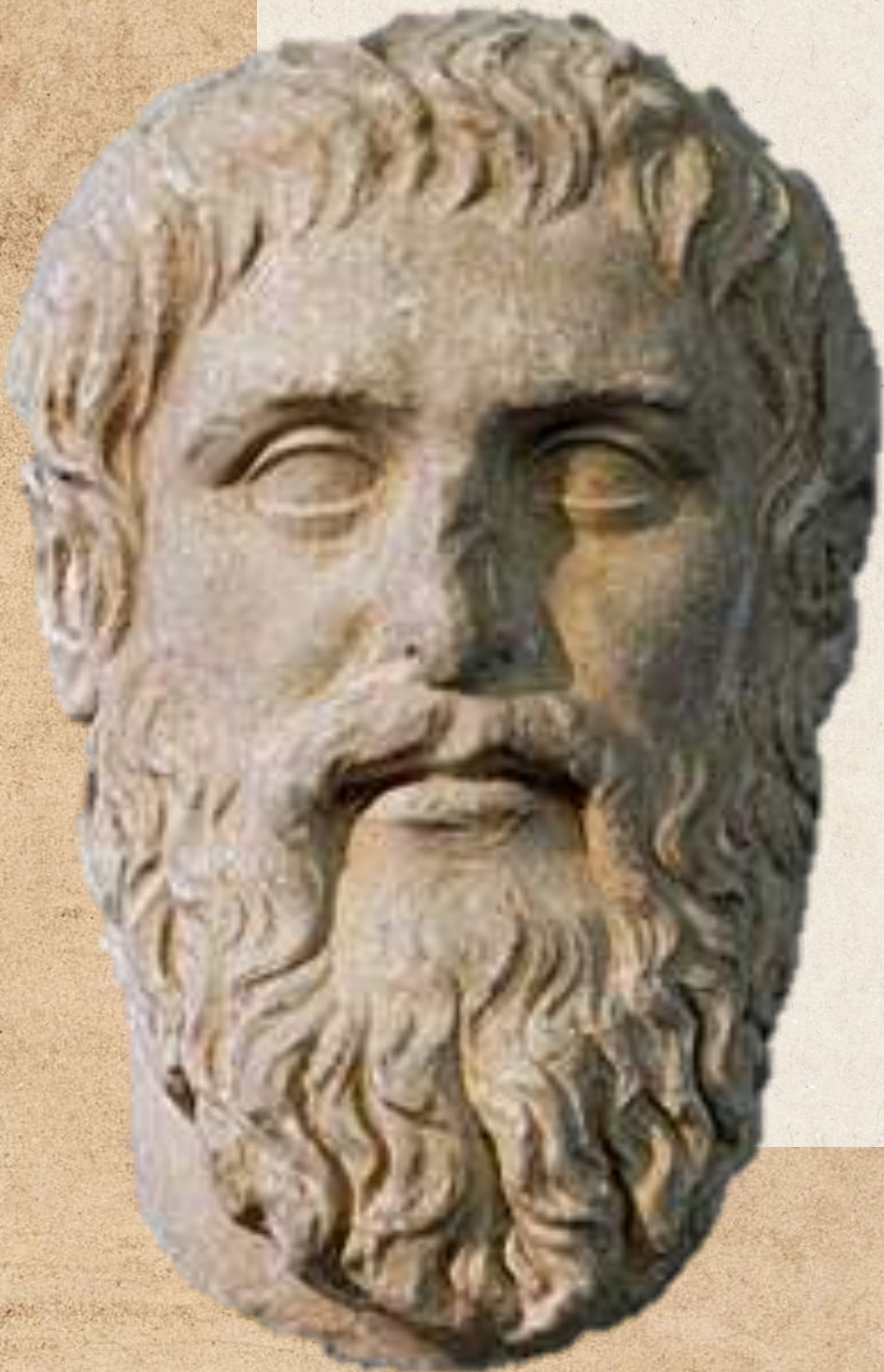


The soul has 3 parts

2 Spirited Soul

- emotion and passion
- basic emotions such as love, anger, ambition, empathy, and aggressiveness

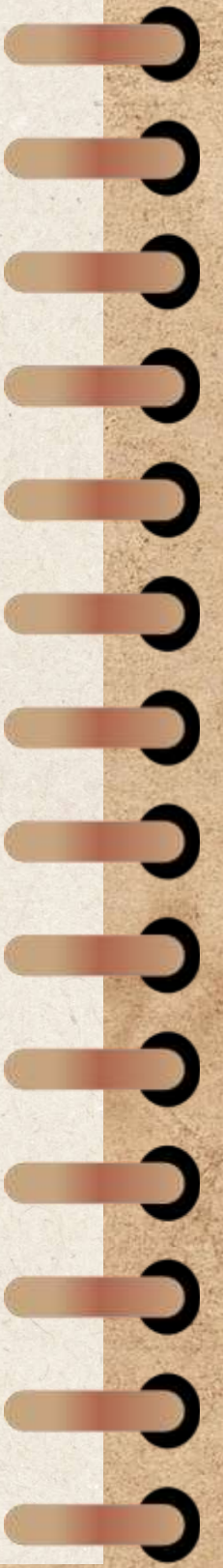




The soul has 3 parts

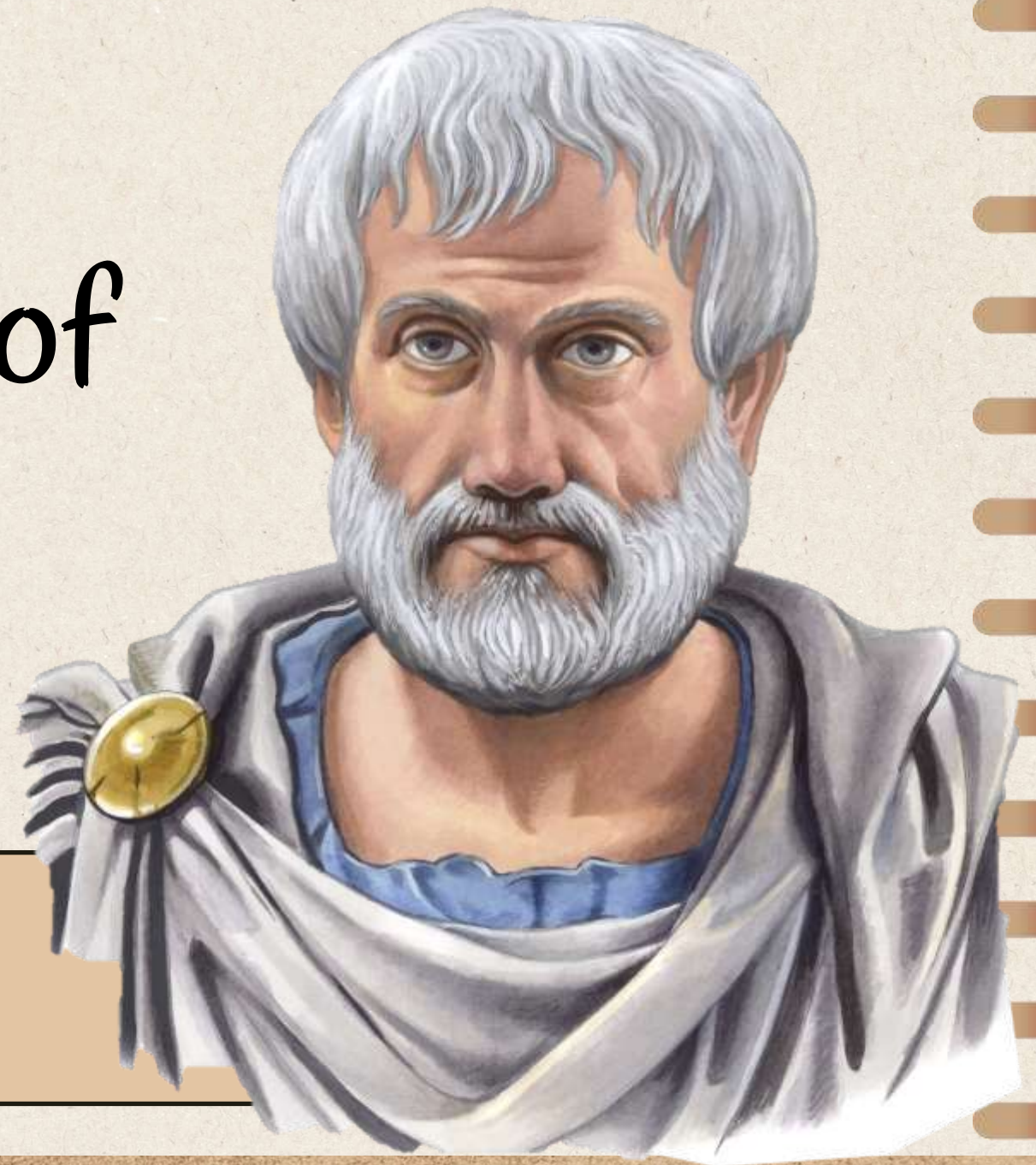
3. Appetitive Soul

- basic needs
- includes our biological needs such as hunger, thirst, and sexual desire

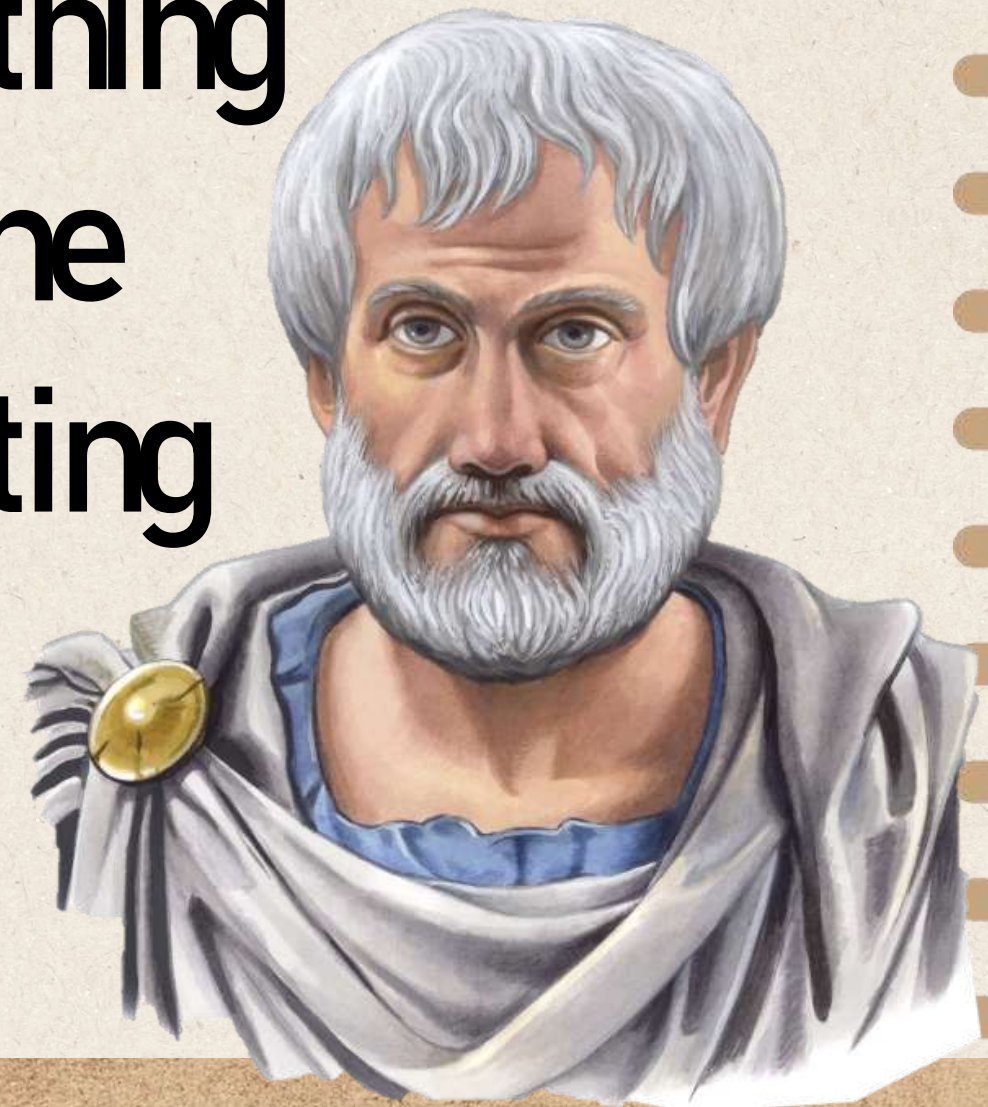


“The soul is the essence of
the self”

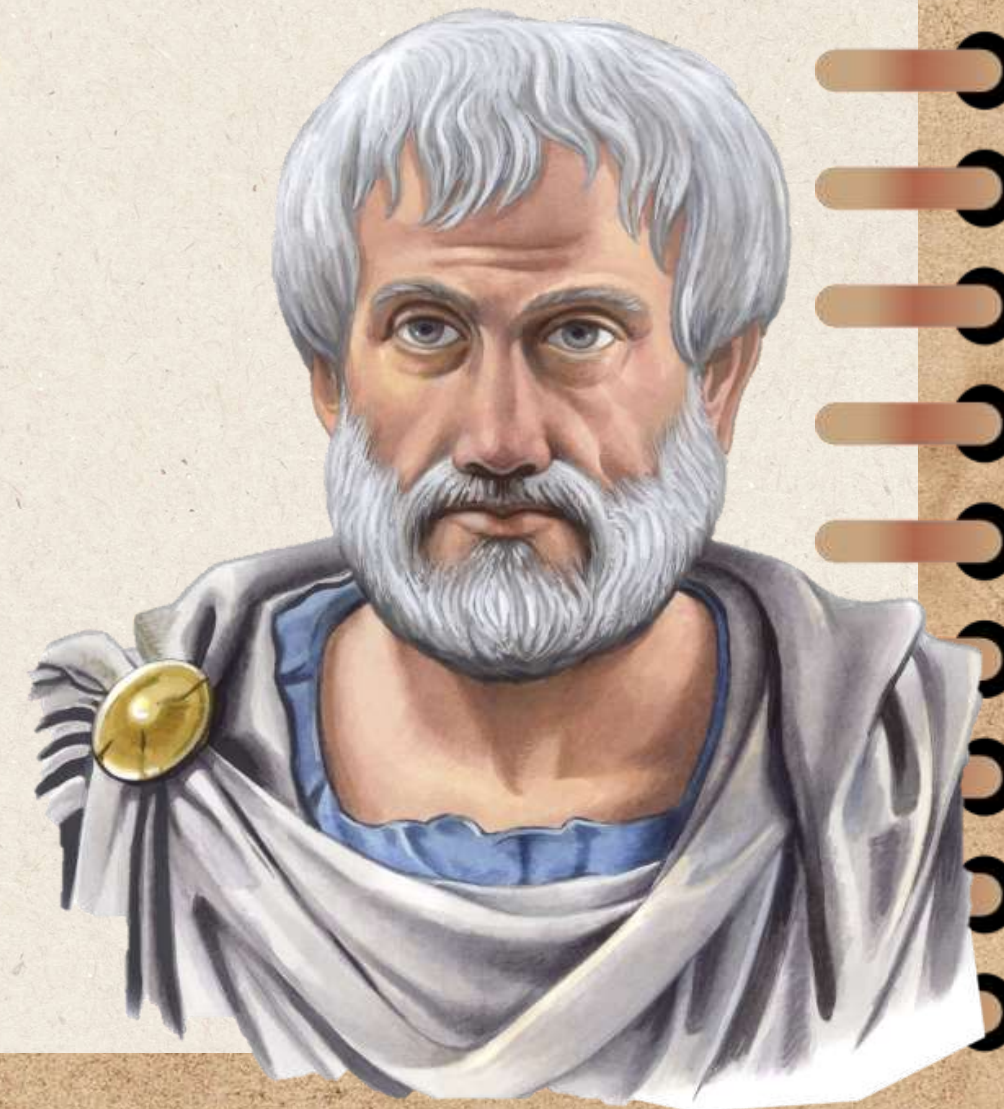
Aristotle



- A student of Plato
- The body and soul are not two separate elements but are one thing
- The soul is simply the Form of the Body, and is not capable of existing without the body



- The soul makes a person a person
- Without the body, the soul cannot exist. The soul dies along with the body.



KINDS OF SOUL

1. Vegetative

- includes the physical body that can grow

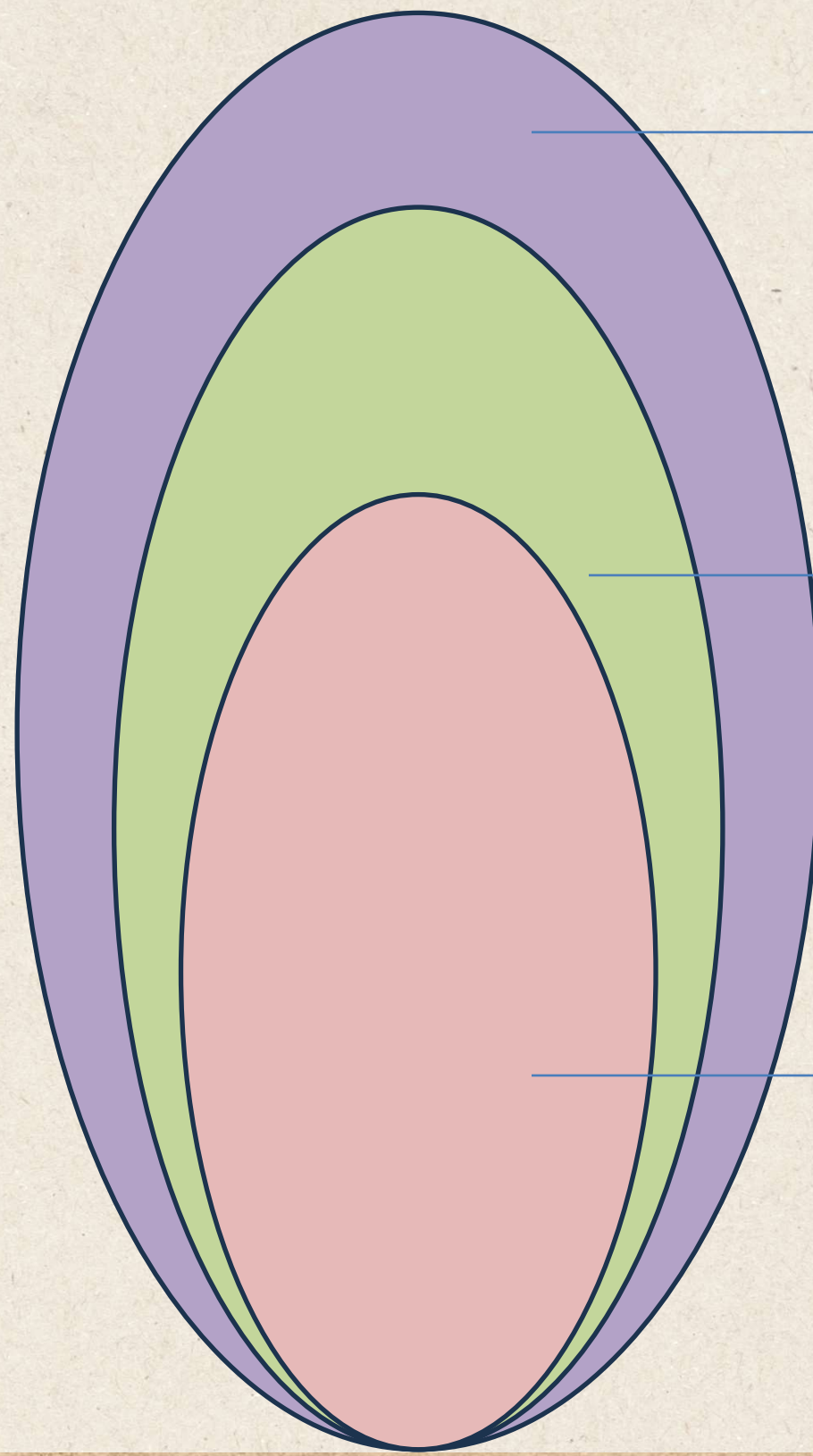
2. Sentient

- includes sensual desires, feelings and emotions

3. Rational

- is what makes man human. It includes the intellect that makes man know and understand things





RATIONAL SOUL

Humans

Thought, Reflection

SENSITIVE SOUL

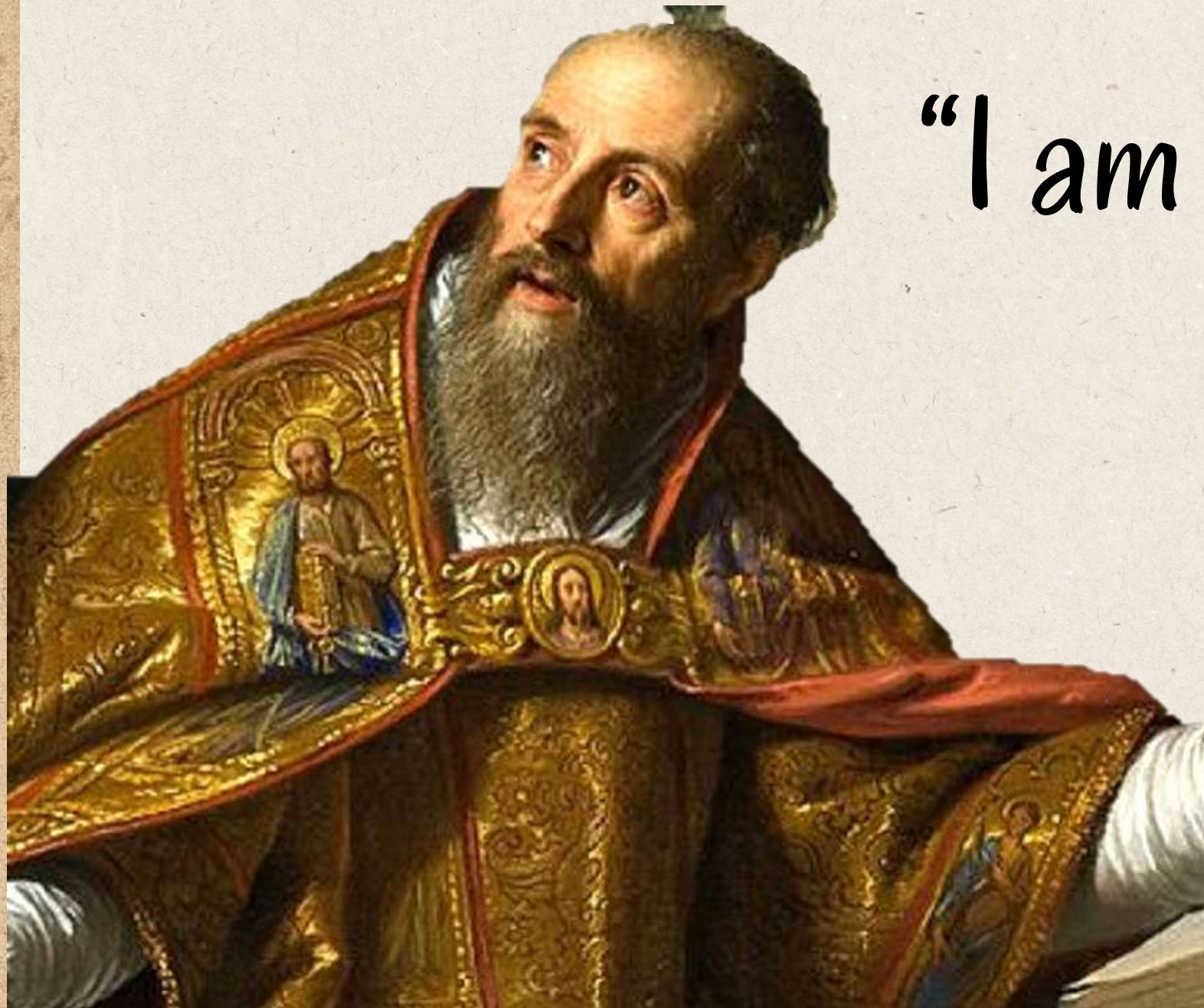
Animals

Mobility, Sensation

VEGETATIVE SOUL

Plants

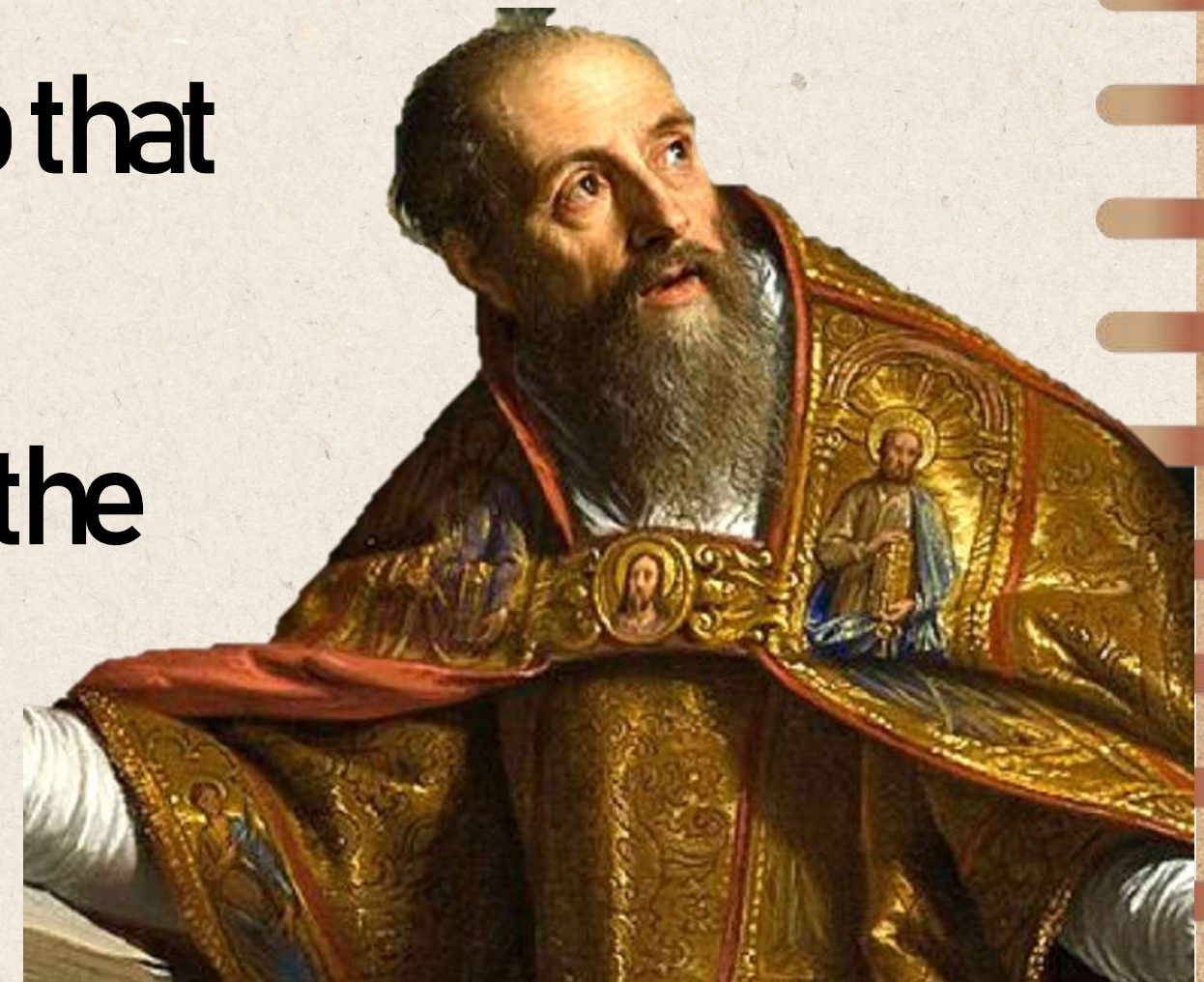
Reproduction, Growth



“I am doubting therefore I
am”

St. Augustine

- Integrated the ideas of Plato and Christianity
- Augustine's view of the human person reflects the entire spirit of the medieval world
- The soul is united with the body so that man may be entire and complete
- Believed humankind is created in the image and likeness of God



When you start questioning yourself: Am I doing the right thing? What is my purpose? The act of doubting means you exist and you are searching for truth

The search doesn't end with ourselves; it ends with God, the source of truth and happiness





Cogito, ergo sum
“I think, therefore I am”

Rene Descartes

The act of thinking about oneself,
or being self-conscious, is in itself
proof that there is a self

□ Dualism (Mind and Body)

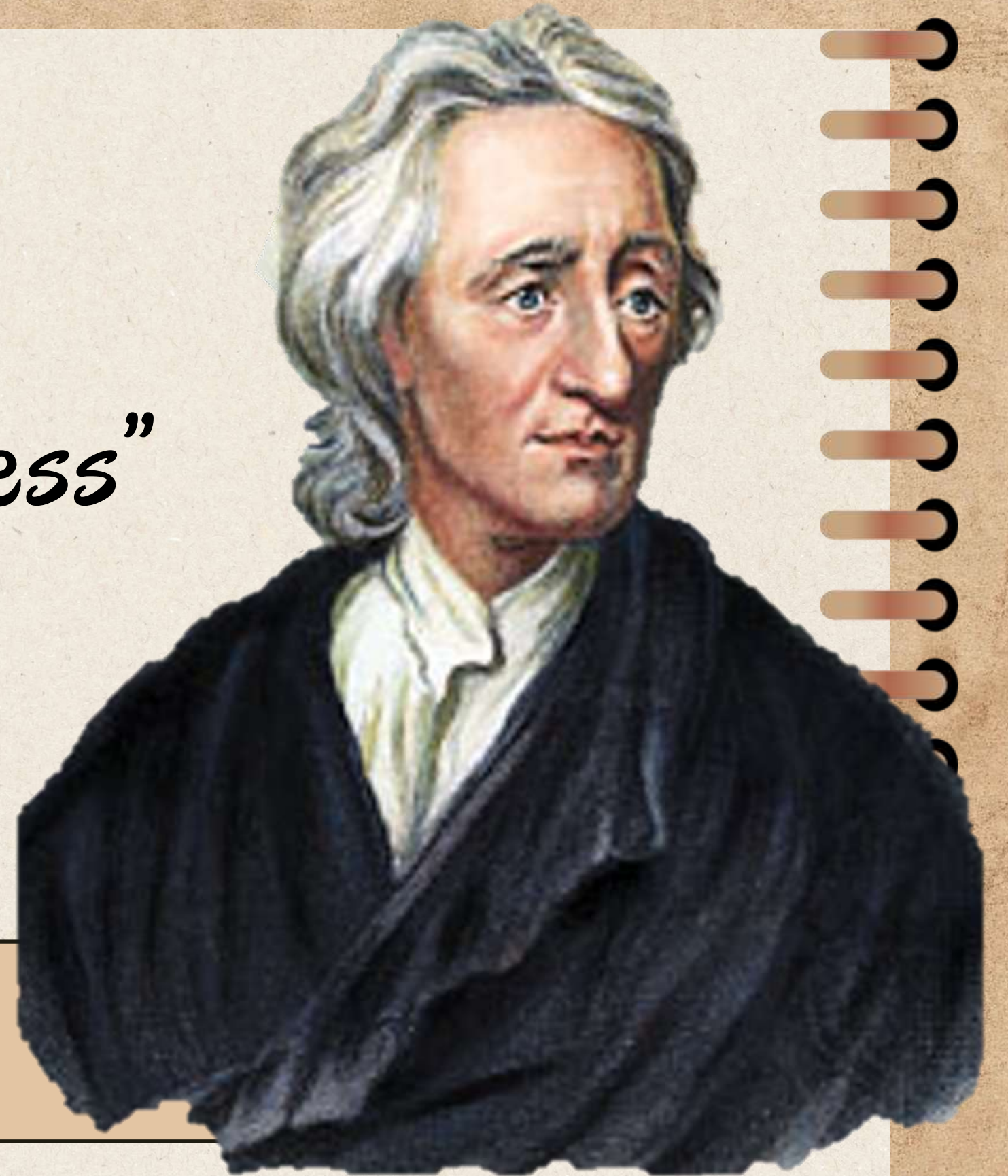
Descartes believed the self is made up of two distinct substances:

1. Mind (res cogitans) – thinking, immaterial, immortal.
2. Body (res extensa) – physical, material, extended in space.

The mind is the essence of the self, not the body.

“The self is consciousness”

John Locke

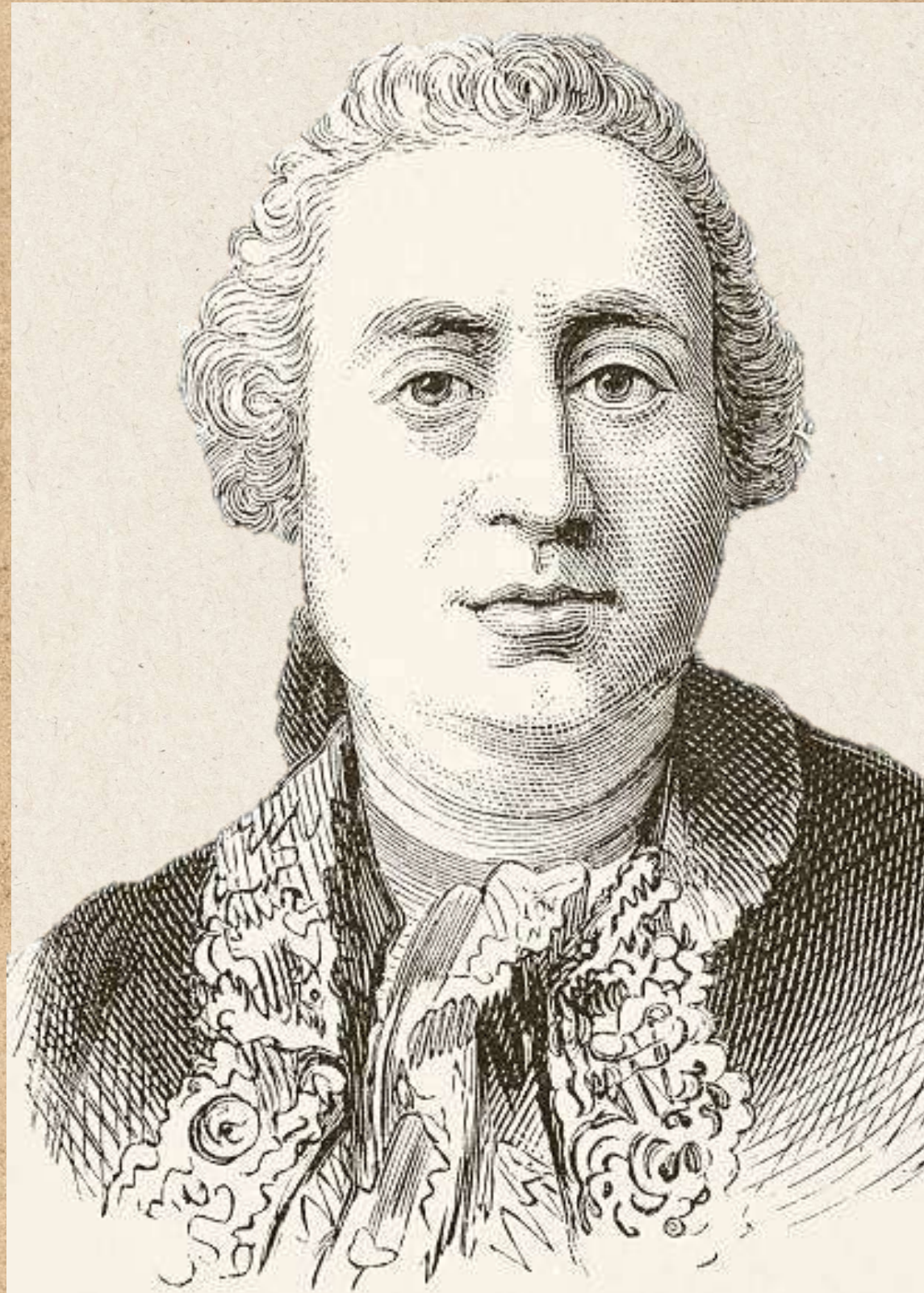


The human mind at birth is tabula rasa or
blank slate

He felt that the self is constructed
primarily from sense experiences

For Locke, the self is not the body, not even the soul—it is our consciousness. What makes you the same person over time is your ability to remember past experiences and connect them with the present.

This is called the Memory Theory of Personal Identity.



“There is no self”

David Hume

All we know about ourselves are just
bundle of temporary impressions

As long as we only derive our knowledge
from sense impressions, there will never
be a self

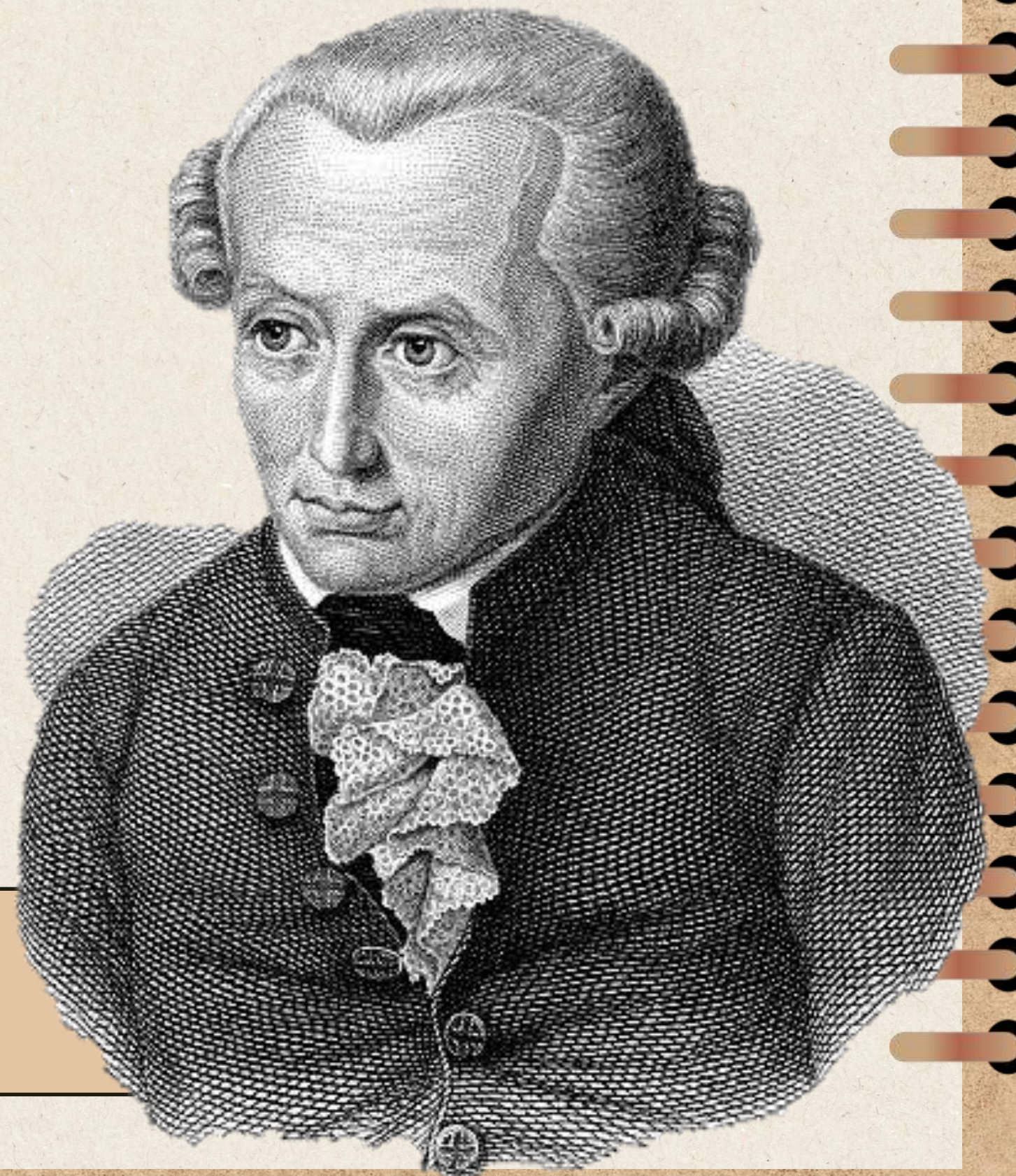
Hume argued that when we try to look for the self, we don't actually find a permanent, unchanging "core."

Instead, what we experience is just a bundle of perceptions—thoughts, feelings, sensations, and memories constantly changing.

So, the self is not a fixed thing—it's just a collection of experiences happening one after another.

“We construct the self”

Immanuel Kant



Self is always transcendental.

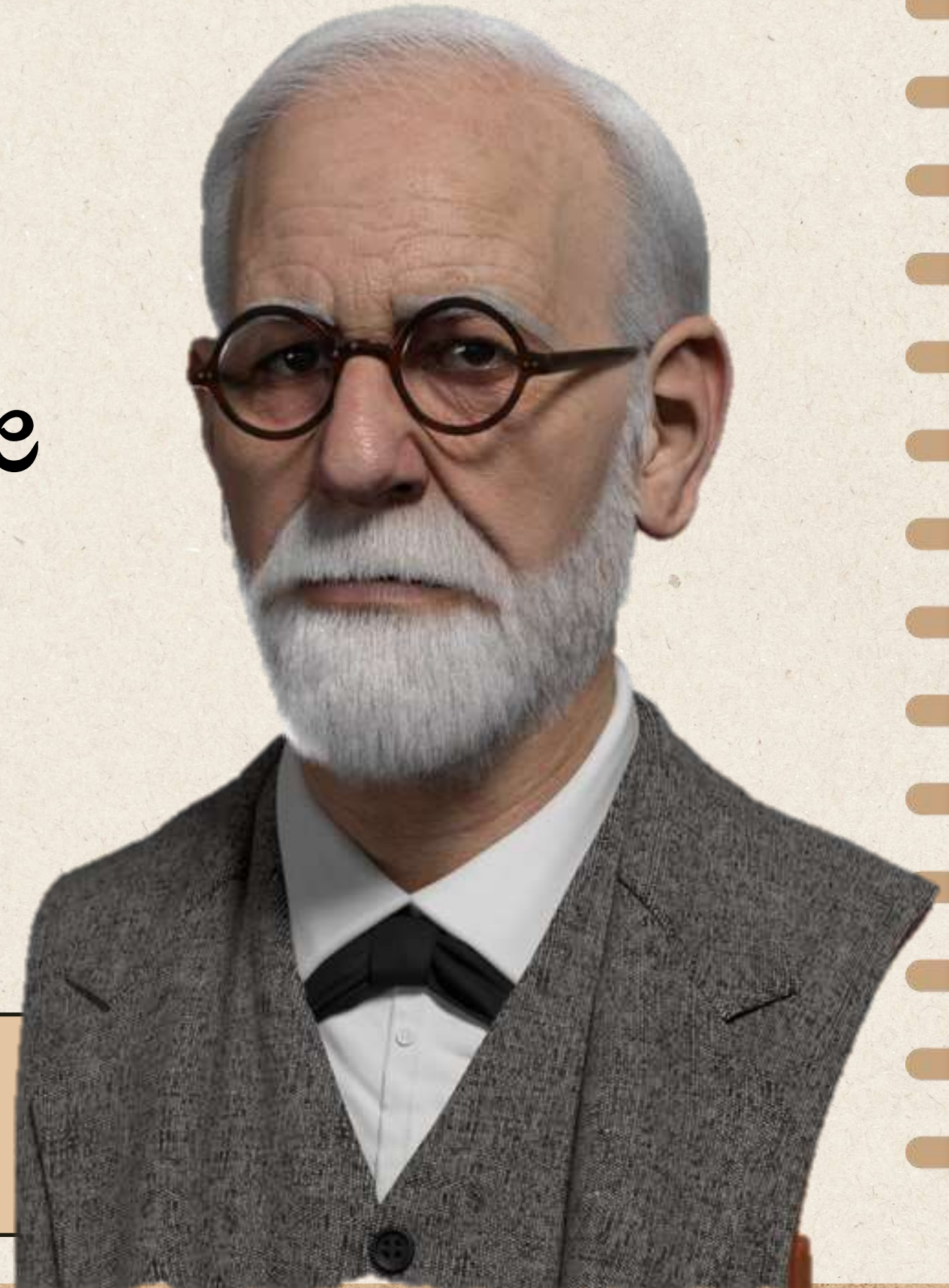
Self is not just given—it is something we actively construct.

The mind has built-in ways of processing the world—like categories (time, space, cause, and effect).

So the self is not found, but made through how we think and interpret experiences

*“The I will never be the same
and will continue to change
overtime”*

Sigmund Freud



- He believed the self (or personality) is dynamic and constantly changing because of internal conflicts and external influences.
- For Freud, the “I” (Ego) is not fixed. It constantly adapts to balance. Since life circumstances, desires, and values change, the self also keeps changing.

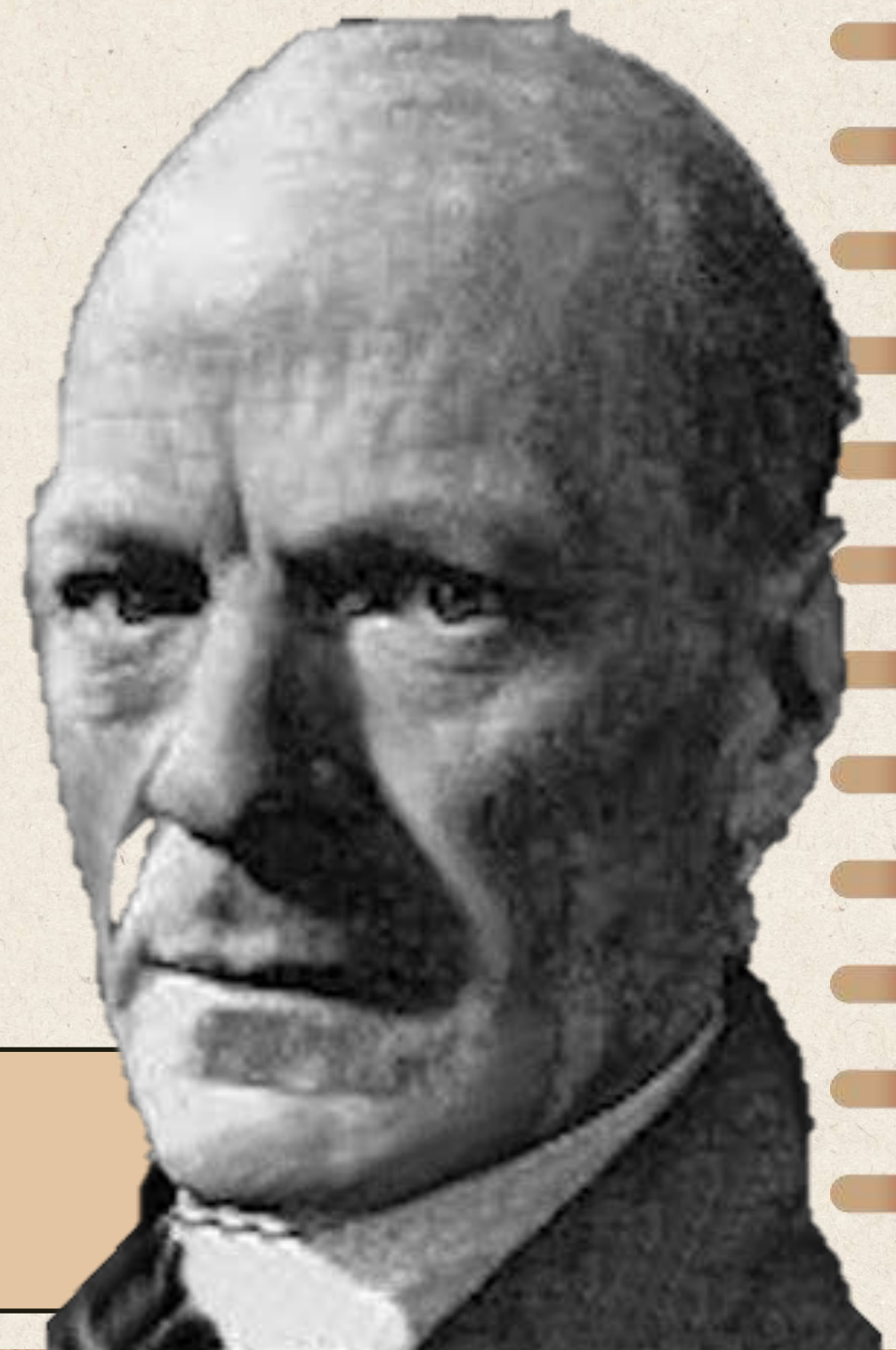
□ FREUD'S STRUCTURE OF THE SELF

- Id → "I want" (pleasure principle).
- Ego → "I can" (reality principle).
- Superego → "I should" (morality principle).

The Ego (I) changes over time because it constantly negotiates between these forces.

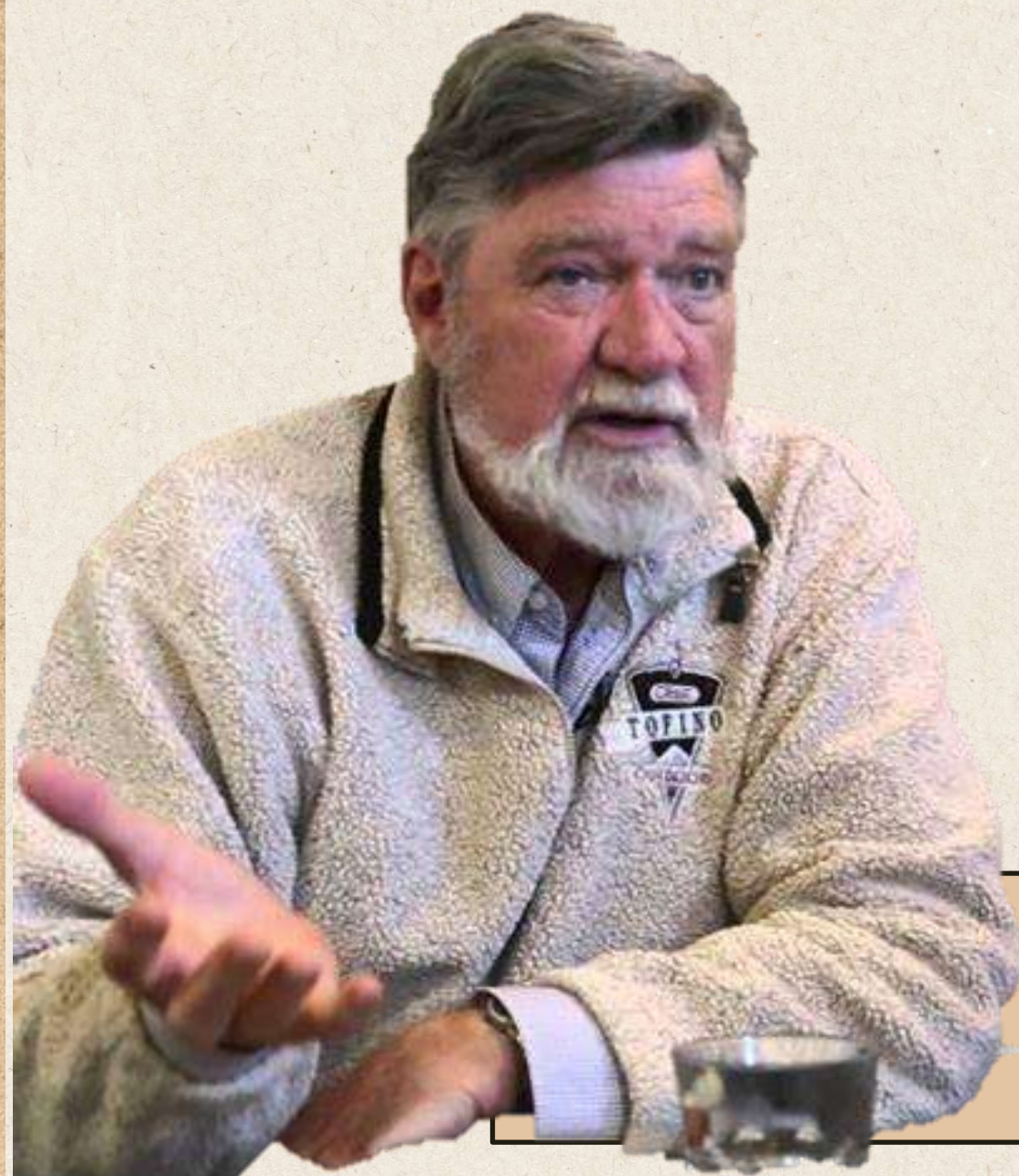
*“The self is the way people
behave”*

Gilbert Ryle



- The thinking 'I' is just a "ghost in the machine"
- Ryle rejected the idea that the self is some hidden, inner entity (like a soul or immaterial mind).
- Instead, he argued that the self is not separate from behavior.
- To know a person, look at how they act, speak, and interact.

The Self = behavior patterns



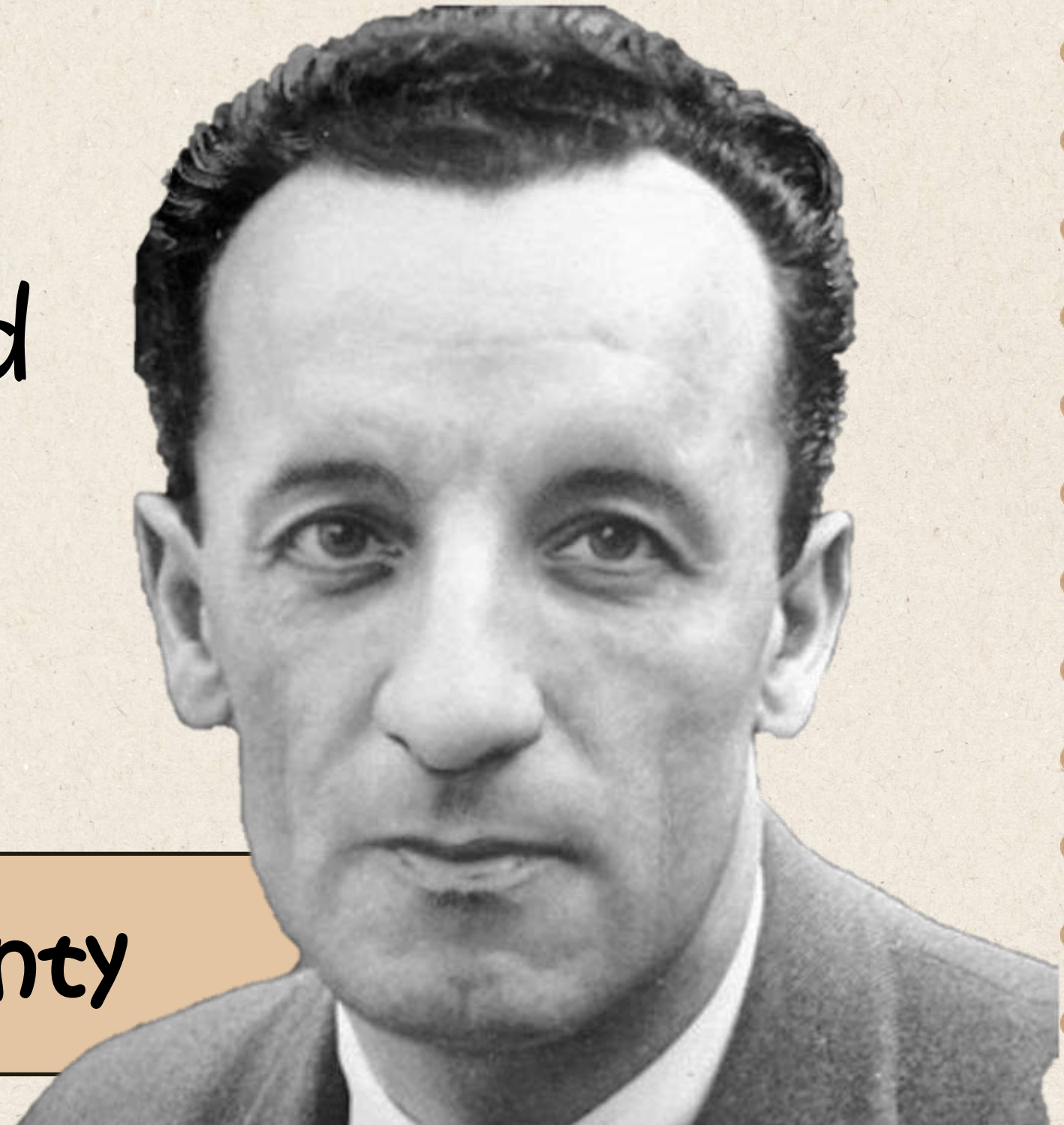
“The self is the brain”

Paul Churchland

- The self is inseparable from the brain and the physiology of the body
- If the brain is gone, there is no self
- The physical brain and not the imaginary mind, gives us our sense of self

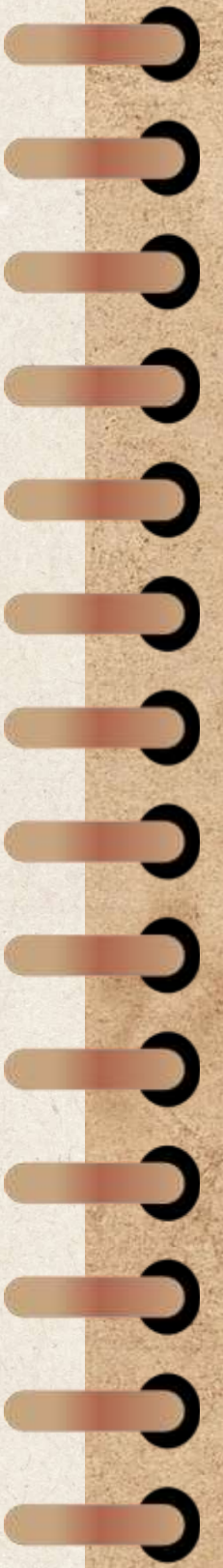
*“The self is embodied
subjectivity”*

Maurice Merleau Ponty

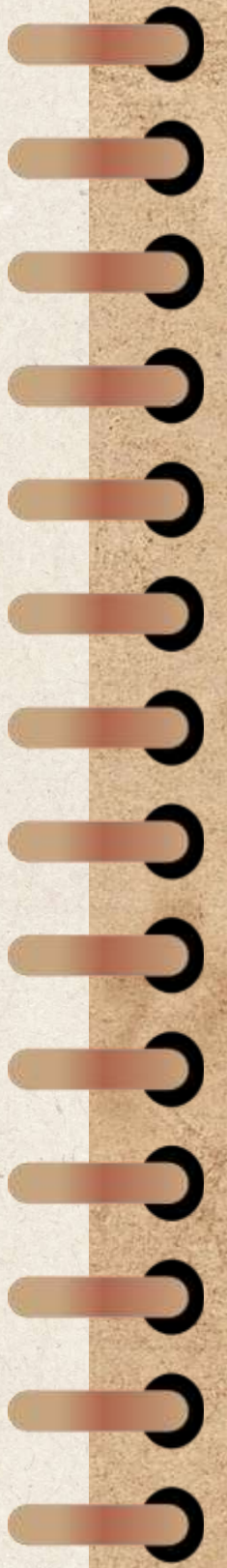


- The self is both subjective experience (our inner world) and embodiment (our physical body in the world).
- The body is not just a container of the self → it is part of the self. Through the body, we see, feel, act, and interact with the world.
- Selfhood = lived body + subjective experience.

Philosophy doesn't just give us abstract ideas. It helps us see that the self can be understood in many ways—**soul, mind, memory, body, brain, behavior**. And all of these influence **how we think about our lives today**, from mental health to identity to relationships.



THANK YOU!



Activity 1:

**Choose 2-3 philosophers and write
down their idea of the self you agree
with most, and why?**

