

Understanding the Self



Brenda B. **Corpuz**, PhD

Maria Rita D. **Lucas**, PhD

Celia D. **Andas**, EdD

Filomena T. **Dayagbil**, EdD

Eva Marie P. **Gacasan**, PhD

P A F T E
PROJECT
WRITE



OBE - Based

Understanding the Self



Brenda B. **Corpuz**, PhD
Maria Rita D. **Lucas**, PhD
Celia D. **Andas**, EdD
Filomena T. **Dayagbil**, EdD
Eva Marie P. **Gacasan**, PhD

P A F T E
PROJECT
WRITE



OBE - Based



Published by
LORIMAR Publishing Inc.
© 2020

TABLE OF CONTENTS

UNIT 1 The Self from Various Perspectives

Chapter 1: The Philosophical Self.....	2
Lesson 1: The Self according to Ancient Philosophers.....	3
Lesson 2: The Self according to Medieval Philosophers	9
Lesson 3: The Self according to Modern and Contemporary Philosophers	13
Chapter 2: The Self from a Sociological Perspective	27
Chapter 3: The Self from an Anthropological Perspective	33
Chapter 4: The Self from a Psychological Perspective	40

UNIT 2 Unpacking the Self

Chapter 1: The Physical Self.....	53
Chapter 2: The Sexual Self.....	62
Lesson 1: The Biological Sex.....	64
Lesson 2: Gender and Sexual Orientation.....	72
Lesson 3: Sexual Behavior.....	80
Lesson 4: Sexual Health.....	87
Chapter 3: The Material Self.....	93
Chapter 4: The Spiritual Self.....	101
Chapter 5: The Political Self.....	112

TABLE OF CONTENTS

UNIT 3 Managing and Caring for the Self

Chapter 1: Learning to be a Better Learner.....	129
Chapter 2: Setting Goals for Success	140
Chapter 3: Taking Charge of One's Health and Well-being	152

Appendices

Appendix A – Self-Assessing One's Personality	181
Appendix B – Wheel of Personal Identity	182
Appendix C – Guide of the level of Spirituality.....	183