

# Playing it S.A.F.E.



**Self-Concept:** the idea we have of ourselves in our head

- For example, ideas such as “I am a good person,” “I am a fast runner,” or “I am a good friend.”
- It is related to other “self” things like:
  - Self-esteem
  - Self-image
  - Self-awareness

*Thoughts and feelings work together sometimes! Thoughts can affect feelings and feelings can cause thoughts.*

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Listening to every voice. Advocating for every heart

## Thoughts, Feelings, and Self-Concept

### Thoughts vs. Feelings

Thoughts: our own ideas, opinions, and beliefs.

- For example: knowing that your favorite color is green.

Feelings: the emotions that we experience.

- For example: being happy because it is your birthday or being sad because you miss your dog.

### How are thoughts, feelings, and self-concept related?

- Self-concept is formed through your thoughts and feelings.
- Thoughts and feelings are the building blocks of your self-concept.
- As you grow, you start to understand yourself more and this is how you begin to establish your self-concept.

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