


Being someone: A neuropsychological model of the integrative self

[The original paper](#)  contains 56 sections, with 10 passages identified by our machine learning algorithms as central to this paper.

Paper Summary

SUMMARY PASSAGE 1

Section 1

BEING SOMEONE 4 from a more comprehensive personality theory (Kuhl, 2000b). We then examine the neurological foundations of the integrated self, and discuss seven psychological functions of the integrated self, along with relevant behavioral and neurological evidence. Finally, we reflect on the broader implications of our model for understanding and promoting optimal self-regulation.

SUMMARY PASSAGE 2

Prior Conceptions Of The Integrated Self

The Conceptual Self versus the Integrated Self:

SUMMARY PASSAGE 3

Insights From Personality Systems Interactions Theory

A full exposition of the theory would take us far beyond the present context. We therefore restrict our present discussion to those aspects of PSI theory that relate directly to the self, particularly the integrated self. PSI theory assumes that the self has evolved from the more primitive biological machinery that enabled our pre-human ancestors to perceive and move around in its BEING SOMEONE 8 environment.

SUMMARY PASSAGE 4

Being Someone 9

The memory base grows each time that people encounter new (unexpected or undesired) experiences that are incorporated into the memory base. It is this extended memory system that forms the basis for the integrated self. According to PSI theory, the integrated self is mediated by a high-level form of parallel-distributed processing that integrates a large number of the person's self-aspects simultaneously.

SUMMARY PASSAGE 5

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Within healthy functioning persons, the conceptual self and the integrated self are continually interacting. Nevertheless, for analytic purposes, it is useful to differentiate the two types of selves.

SUMMARY PASSAGE 6

The Integrative Self As A Neurological System

What might be the neurological foundations of the integrated self? Because of the complexity of the system, it seems unlikely that the integrated self would be located at one specific part of the human brain. Rather, it seems more likely that the integrated self forms a network of several interacting brain areas.

SUMMARY PASSAGE 7

Seven Functional Characteristics Of The Integrated Self

Because human behavior is multiply determined, it is often hard to say whether a particular behavior was self-determined or guided by a system other than the self. To resolve this problem, it is useful to specify the functional profile of the integrated self. Such a profile provides guidelines for deciding whether a given behavior is likely to be attributable to the self or some other personality system.

SUMMARY PASSAGE 8

Extended Outcome Processing: Felt Feedback

The third function of the integrated self relates to the parallel (i.e. simultaneous and extended) consideration of feedback that enables a broad array of consequences of one's actions to be integrated into the self. How can one distinguish this extended type of feedback utilization from other more narrowly focused types? Presumably, the likelihood that feedback touches the integrated self should increase when feedback is given in an implicit rather than in an explicit (verbal) format and when it has emotional overtones rather than when it is merely presented as a fact.

SUMMARY PASSAGE 9

Extended Unconscious

The fourth function of the integrated self relates to its unconscious processing. To make wise and circumspect decisions, numerous inputs such as needs, values, goals, and action possibilities as well as other individuals' needs and intentions have to be taken into consideration at once (Kuhl, 1994)(Kuhl, , 2000a. This wealth of information cannot be simultaneously processed at a conscious level because conscious working memory processing can only focus on a few chunks of information.

SUMMARY PASSAGE 10

Conclusion And Outlook: Individual Differences And Development

Nevertheless, people differ in the degree to which their integrated self is developed. In accord with the "use it or lose it" principle, the integrated self may develop better the more often its functions are successfully used. Also, the functions of the integrative self may be blocked, for example, by negative affect or stress (see below) and individuals may have more access to their analytical ego than to their holistic self.