

TRANSFORMATIVE SELF IN DIGITALIZATION TIME

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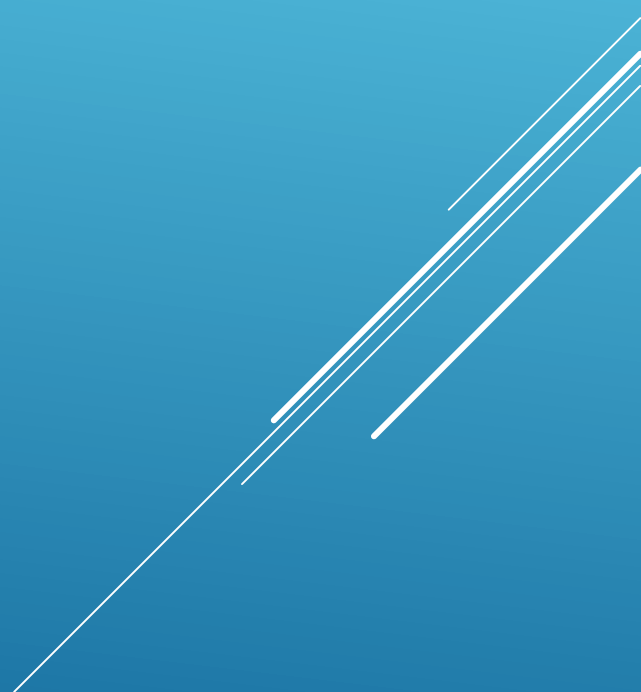
- ▶ Psychology & Psychoanalysis
- ▶ Philosophy
- ▶ Neuroscience & Biology
- ▶ Anthropology & Sociology
- ▶ Theology & Mysticism
- ▶ Philology & Linguistics
- ▶ Legal & Law
- ▶

SELF DOMAINS

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- ▶ Self-concept
- ▶ Self-awareness
- ▶ Self-esteem
- ▶ Self-regulation
- ▶
- ▶ Id
- ▶ Ego
- ▶ Superego

PSYCHOLOGY & PSYCHOANALYSIS



- ▶ Body- mind
- ▶ Embodied –self
- ▶ Epigenetics
- ▶ Depersonalization

NEUROSCIENCE & BIOLOGY

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- ▶ Presented self
- ▶ Perceived self
- ▶ Anonymous self
- ▶ Virtual self
- ▶ Network self
- ▶ Fragmented self
- ▶

SELF IN DIGITALIZATION AGE

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- ▶ Self-conscious being

- ▶ Data-conscious being

- ▶ Existentiality

- ▶ Virtual Reality

HUMAN BEING TRANSFORMATION



Adjustment Issues

Anxiety about losing authenticity

Anxiety about being seen too much

Anxiety about emotional indifference

IMMEDIATE CONSEQUENCES

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- ▶ Embracing tolerance of uncertainty instead of resisting it.
- ▶ Professional & Social Support
Bridging the vital gap between collapse and growth
- ▶ Stay connected to long lasting things;
 - Art & Literature
 - Nature
 - Body (exercise, Meditation)
 - Real family & friend contact

MANAGEMENT