

Self-Esteem: Update and Maintenance. A Theoretical Model with Applications in Therapy¹



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Abstract

By Conceptualizing self-esteem as the result of the comparison between two states burns of self: model self and perceived self (self-concept), a character model is proposed systemic, integrated, and analytical to explain how that construct is updated and maintained. has in time real. His structure theoretical includes items of two guys: components-background situational, representations and state mental- and processes cognitive -deduction, interpretation, attribution. Within its operation, the occasions stand out of self-esteem -situations background triggers-, he paper that play he scheme I model as a principle for deriving various blocks of information, experiences finals produced by the self-esteem, and a process of feedback negative for runs- rotate inputs to the system. The model is based on research results in this field and is consistent with various other psychological theories and constructs. They outline their Applications clinics in psychopathology and psychotherapy, in special the possibility of development- call your own therapy.

Keywords: Self-Esteem; Low Self-Esteem; Model Theory; Therapy; Self-Concept; Life Cycle; Gnoseological Criteria; Psychopathology; Mental Causation; Rigidity; Discrepancies; Tacit Comparison; Fragility; Depression; Therapeutic Applications

Introduction

The relevance of self-esteem is evidenced by the number of academic publications that have been published. been generating. There are more than twelve thousand references for " self-esteem " and more than three hundred and fifty for combination " self-esteem + "low ", as terms of search for he field "qualification" in the base data Psyching- FO, to July of 2020. Qualitatively, his importance HE reveals by the crew of theories about this construct [1]. There are, in addition, recent meta-analyses that link it with the orientation sexual [2], the relations social [3], the identity of status [4], he treatment of patient's anorexics [5] and the differences between man and women [6]; and meta-analyses that study their development during the life cycle [7] and changes since childhood [8].

By other side, the low self-esteem and psychopathology associated with HE extends to all the population, affecting children

[9], adolescents [10] and adults [11]. It presents comorbidity with anxiety [12] and depression [11]. eating disorders [13,14], personality [15], and some psychoses [16]. There the variety of therapies developed from approaches clinical classics and of last generation.

However, such abundance of investigations and therapies suffers from excessive fragmentation, giving the impression that all they allude to some themselves factors underlying that, without embargo, remain implicit. making us question of this problem, he object of this job is propose a model integrated of cars- time, of character systemic and with a description of processes very analytics -to end of enable his later application clinic-, in where HE explain the background, representations and state mental constitute- you in his update and maintenance, substantiating his structure theoretical in results empirical previous. Before expose he model, we will need his object material and stadium

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of development. HE treats of a model cognitive-behavioral of character factual either interpreted for explain the update and maintenance of the self-esteem; It is not a model to explain self-esteem. It is in a preliminary phase of construction theoretical and, to the present, offers a definition general (of character further abstract) of their components and processes, So as a sequence of relations No arbitrary between them. Tough to his current character heuristic, he mode- it meets, as HE will check, with those criteria methodological demandable [17] in a phase theoretical preliminary, to know unit conceptual and interpretability empirical (criteria semantics); So as consistency external, scope, depth, and ability unifying (criteria gnoseological), doing possible by it his formalization future in subsequent phases of construction theoretical.

In its current stage, the model does not define the concrete content of its components - situational antecedents - finals, representations, state mental consequent- that adopt as postulates basic (the premises in a pre-axiomatic phase of theoretical construction) to establish the object of study. In fact, such content postulates basic peripherals because his change either modification No would affect to the core of the model [17]. In particular, although he model recognize and gives by supposed the existence of contents, dimensions, or self-esteem factors, in principle it does not commit to any of them, that they would have here only one character methodological of primitive both fundamentals to the base of his body theoretical. By other side, the references cited in the present study HE they have taken only and exclusively as cases illustrative that HE they have had in account in the training of the model, very diverse and to times with true distance conceptual of accordance with our unifying theoretical intention. Furthermore, given the novelty (gnoseological criterion) of our approach, I like, except mistake, no they exist or not we have found direct antecedents to its structure.

Finally, we say that he model is "systemic" in a double sense. With this term we refer so much to his structure conceptual systematic with validity internal [17] how much to his functioning as sis- issue, in concrete a system with feedback. Have yourself present that this guy of systems it covers diverse functions of self-regulation in the man [18].

Model Proposed

He define self-esteem as a system open to the interactions of the person with his half and self-regulation side, whose update and maintenance have as purpose optimize, he state mental of the interested. Yeah, he system will be destabilized, in case of low self-esteem, it will then try to restore itself by modifying its elements components. A dysfunction in this process for one reason or another will cause subjective and probable discomfort. psychopathology.

The model adheres to the basic theoretical foundations [17], its character being essentially cognitive already that his structure

conceptual understands so many representations mental [19] as processes cognitive [20-24], although also includes behaviors of answer to the atmosphere. His functioning is co- heir with the theories about conservation of resources [25]: self-esteem as resource; of memory of job [26]: the rumination self-criticism in the low self-esteem [27] that wastes resources; of self-efficacy [28]: the incompetence low the self-esteem; and of interpersonal acceptance and rejection [29]: social approval reinforces self-esteem; and is compatible with the model of self-regulatory executive function [30-32]: self-esteem as part essential in the self-regulation staff. His joint with these other constructs in an ascending and descending direction reinforces its validity, in accordance with [33]. By it the rest, their components HE link with the object material of the current psychology of the mind: schemes of the I -identity staff [34]; state mental -self-awareness [35]; project staff -intentionality [36]; and circuit of feedback -cause- tion mental [37].

Concept of Self-Esteem

The self-esteem He define as he result of the previous assessment that does the person about Yeah same, it which it implies the next:

- To the treat of an appraisal , is necessary the preexistence of two terms previous that the enable and they begin to compare themselves to estimate their differences or similarities, namely: (i) the self, or self-concept, as it is perceived by the person at a certain moment, and which we will call "self". perceived"; and (ii) another self that the person takes as a reference or archetype of his or her perceived self, and that we will call "I model". Really, in this process of assessment HE collate he I perceived with respect to the model self, both being representations or mental schemes. Then self-esteem is equal to the worth, merit or demerit that HE grants someone to Yeah same after having compared both schemes. TO greater similarity among them, older self-esteem, and vice versa.

- To the be a self-assessment , he interested HE intermix and involves to Yeah same in she, attributing responsibility for his result. Although the self-esteem correspond to the individual, without embargo, his origin and maintenance are of naturale- psychosocial za. It is transmitted intergenerationally [11], shaping its development during childhood and adolescence from multiple characteristics of the family environment [38]. Johnson [39] defend his evolution in two phases, a self-esteem basic, of character further affective, constitution- gives first; and another subsequent self-esteem that one must earn by one's performance. Regarding the influences coming of the atmosphere familiar, HE has confirmed a relationship between certain performances of the parents and the psychosocial development of children [40,41]. Also, the dimension Zion family of the self could be explained from the parental impact [42].

Being fruit of the interaction medium person, the self-esteem

HE fits between background and consistent, resulting of Causes certain and producing effects specific. His full immersion in the breast of an A.M- plya constellation of factors the discover as part member of a system dynamic elderly and further complex, alluding to his forced plasticity. In summary, their qualities essential are: (to) shape part of the system of interaction medium-person; (b) HE update continually to the be quota with this last, (c) is with- sequence of a previous process of comparison, (d) generate effects individuals, connected to a process of feedback, and (and) his structure, this is their components and processes, it constitutes a system in Yeah same. By his part, he I model exhibits likewise a profile own during the self-assessment: (to) character impe- reason: model inescapable; (b) rigidity: model No modelable; (c) contingency: the benefits potentials of the

models are not guaranteed, and (d) immediacy automatically activates the processing cycle.

I Model as Project

Unimpeded by environmental influences, a person may deliberately adopt a model self. as a personal project, as a commitment to oneself to be and behave in a certain way, an option that equates the human mind to a propositional mechanism, a matter that concerns intention. It of our actions, a question already belonging to the field of the philosophy of mind [34,36] or general philosophy: the vital project of Ortega y Gusset magnificently summarized by Marías [43]. Thus, among various available alternatives of the model self, the person would choose one or all of them or I would make it to measure. A recent study [44] has revealed that self-esteem underlies an intrapersonal factor of intrinsic origin.

This I model as project It would bound likewise to the compliance of certain goals personal Jalon- you give to it long of the life -study, work, consume-, revealing a dimension temporary in the self-esteem. Consequently, this type of self-esteem would emerge when comparing the trajectory of achievements obtained by the subject with respect to a previously devised model trajectory of goals to be achieved. In this longitudinal version We would then have self-esteem as proximity between two trajectories, versus self-esteem as coincidence. between two profiles of self in the transversal version.

Considerations about the Self

The model, as we have anticipated in the Introduction, does not assume any content or dimensionality in concrete self - our concepts of model self and perceived self, defined below, are used exclusively. mind as terms of comparison. No however, we admit, it will turn out convenient expose although be it of shape very brief some considerations about the I (self), a construct complex and of long tradition in the literature. Obviously, space limitations prevent us from an exhaustive review of this concept. to, as it has been understood by the various theoretical approaches and, even

less, from the empirical results existing on their dimensionality, differential functionality of the factors in various contexts, and even about the transcultural character of the self, and other related issues.

On the side, self-concept and self-esteem are concepts so intimately related that they turn out to be almost indis- tangible, and are even used interchangeably [45,46]. For another on the other hand, there is also a broad debate about the dimensionality and hierarchical structure of the self -see [47-51] for obtain a wide vision about the affair. TO this last regard, the structure theoretical of five factors -academic, social, emotional, family, and physical- has been receiving empirical support, even in analysis confirmatory factor tests in various countries even with very different cultures [48,52-55]. Of shape obvious, an approach multidimensional ego allows more precise predictions and a better explanation of certain mental disorders and specific behavioral problems [41,48,56,57].

Structure

He model consists of two classes of items: (to) components : background situational, representations and consequent mental states, and (b) cognitive processes : process information between components (see Figures 1 and 2). All of them are necessary moments of each cycle of self-esteem.

Components

(Figure 1)

Background Situational

Self-esteem occasions. Those antecedent situations, or specific aspects or anticipatory effects. pados, where the person was located, and that give rise to an assessment of the perceived self with respect to the model self. They cover a broad spectrum: situations social either execution of task current, memory of situations passed, anticipation of future situations... In the case of raising demands, the opportunities for self-esteem already include how is answered he subject to themselves -Johnson [39] ratifies a self-esteem based on the execution.

Representations

When we define below the concepts of model self and perceived self, we mean solely and exclusively. snively to them as moments or terms that intervene in the process of a comparison between two mental representations. As we have commented in the Introduction, its specific contents are supposed but I don't know define, are the basic postulates in this work.

I Model

Scheme mental that works to mode of archetype to the that equate he I perceived, and that it is taken as a scale to evaluate the latter. By definition, it will be implicit to the interested party [58] but perhaps it could be explicit if it were the case of a personal

project or made explicit during a therapy process. Its magnetism rests on an underlying belief in the person concerned according to which Adhering to this scheme will bring you beneficial results; I model not as an end in itself, but as instrument : “if I am x, then I will get y.” Consequently, the model self would be “loaded” with attitudes, behaviors... deemed appropriate to obtain

certain benefits: “If I am kind, generous..., then I will achieve social acceptance.” Consequently, expectations emerge from this representation about how Self-esteem issues must be resolved. Johnson [39] talks about self-esteem that one must earn by their achievements (earning).

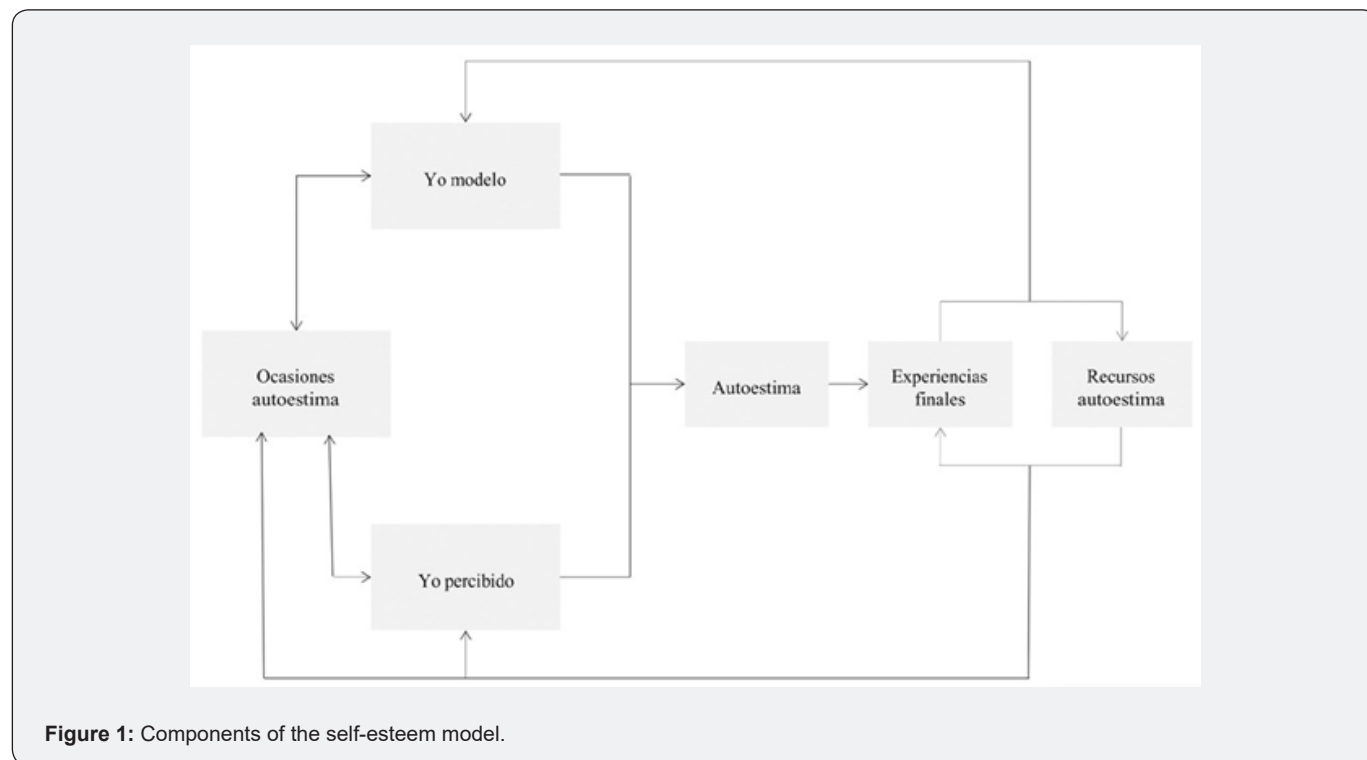


Figure 1: Components of the self-esteem model.

Its content would be displayed as an ideal profile of qualities related to personal appearance, competence social or in the execution of tasks..., and personal successes - academic, professional, social -, self-control, or self-respect in moral matters [59]. There are results that attest to this: self-esteem depends of those beginning in the that HE base [12]; HE gear with motivations basic that drive the individual to achieve objectives and competencies [1]; Play a mediational role in academic self-efficacy [28,60]; competition personal is his better predictor [61]; and HE links with the desire of status [62], whose frustration leads to low self-esteem [63]. Your profile features will be hierarchical, subordinating each other according to their significance in absolute terms or relative to situations. tions present.

Although HE Presume An only, I Model in The Mind of The Person, No They Must Discard Two Odds

- i. That the interested party can use different or alternative models, using them as appropriate, and.
- ii. That due to social influence the current model self is neutralized or even supplanted by another model self-unaffiliated. But still being So, it No would invalidate he is functioning of the

model by how much that in each autovalo- ration punctually, a model self would intervene exclusively and only one.

I Perceived

Scheme mental of as perceive he interested his own I in a moment either period deter- mined, constituting his self-concept. In the questionnaire regarding Robinson [64] HE they collect situation nes either characteristic personal conductive to a successive self-esteem such and as have success, self-control, nice personality, (not) seem horrible...

In connection with the longitudinal version of self-esteem, this scheme would incorporate “extensions of the self”, expression referring to the tangible and intangible results that the subject has obtained in various areas, and whose success or failure he attributes to himself. It is known how materialistic factors influence self-esteem [65].

Self-Esteem Resources

Representations stored in the memory of the interested party with information of any guy: social, economic ... and of the that could avail oneself instrumentally that for correct the

discrepancy suffered between his I model, and I perceived. The wealth of these resources will depend obviously on the training that the person has received, the knowledge acquired and the accumulated experience.

State Mental Consequential

Self-esteem. State mental that collect the consideration and appreciation that HE grants one to Yeah same after having compared their two ego schemes, varying in tonality according to the degree of coincidence between the two: an elderly coincidence, self-esteem tone further high. The discrepancies with an ideal they study with low self-esteem [66]; and the items for evaluate it reveal a comparison small cup: "am able of do the things as well as most other people." [67].

Since self-esteem is subordinated to the person-environment interaction, it is appropriate to introduce two concepts here. complementary: (a) possible self-esteem : maximum feasible self-esteem given the current conditions of the person and his environment, would be relative self-esteem; and (b) full self-esteem : self-esteem achieved when it occurs a perfect likeness between, I perceived and I model, I would be the self-esteem absolute. This last eventuality will constitute a singular event in the subject's life and will be stored with greater prominence in his or her memory episodic. In keeping with the aforementioned interaction, self-esteem will be updated, especially when you accuse significant impairment, and in order to restore the entire system: there are short-term effects of stress on the self-esteem [68]; she same suffers of fragility [69]; and the uncertainty brew about own self-esteem links with the Depression [70].

Final Experiences

States of consciousness that will harbor the consequences caused by self-esteem, being impregnated with the emotional tone corresponding to how the latter was. We say "finals" because they close a cycle complete of update of self-esteem. Iran oscillating of it positive to it negative in harmony with changes in current self-esteem and will have a retroactive effect on self-schemas and occasions of self-esteem.

Observation

To include the longitudinal version of self-esteem, the components of the model must be completed with these three new concepts: (a) I goal model : scheme with those goals to be achieved over time, that the interested party had marked to estimate himself, (b) Perceived self of achievements : scheme with the trajectory of their successes and failures; and (c) Self-esteem for achievements : the one obtained after having compared the previous schemes.

Processes

A set of serial cognitive processes connects the components of the model to each other. They require the attendance of resources

cognitive and metacognitive for the treatment of the information, and HE trigger are automatically given the necessary background information. They meet the cognitive process criteria [71], and due to their category, they are sub personal processes - output information only available to the subsequent process-, except when they precede the consequent mental states.

There is three processes nuclear that originate to his time processes derivatives, according to detail: (to) deduction I recovery of information from hue I model : generate expectations about as they must resolve the situations an- antecedents, and she drives to the threads of ID of situations background, selection and implements- tion of behaviors and interpretation of the occasions of self-esteem; (b) attribution internal : assigns responsibility staff about the result of the situation, and start he thread of assessment of the I perceived; and (c) compare- tion I perceived-self model : collate both schemes assigning the self-esteem chord, and carry to the threads of activation of the experiences finals from the self-esteem, and feedback from the experiences finals (Figure 2).

Deduction I Recovery

From a sufficiently rich and multiform model ego, they are deduced, or recovered directly from its con- had, these three blocks of information: (to) class of situations, either pattern of characteristics his, potential- mind relevant to self-esteem, (b) repertoire of behaviors appropriate to display or inhibit in these situations, and (c) set of rules of interpretation for judge Yeah the situation HE has resolved either No favorable- mind to this scheme.

Identification of antecedent situations

Process that takes as inputs: (a) antecedent situation: environmental or internal stimuli, and (b) pattern of situational characteristics relevant to self-esteem according to the model self, considering whether or not there is adjustment. Your way out will consist of accepting or discarding the situation as a chance of self-esteem. Some situations will raise demands of performance to the subject, being his comply- I lie requirement for an assessment positive of the I perceived -he I influence this process [72] and some disorders make it difficult [73].

Selection and implementation of behavior

Process whose inputs are: (a) demands for action that could elevate the situation and (b) behaviors available to deal with it appropriately according to the model self; being selected that conduct with elderly probability of success, that be fair that that simultaneously tea attend the demands situational and the expectations of success of the I model. TO leave of representations and after identifying an element of a certain category, goals are generated as rules of action [74]. Its output will be the implementation of the selected behavior; an event that will occur only when he interested had perceived the above demands. Is a process crucial for self-esteem that connect the situational demands with a response chosen according to the self-model.

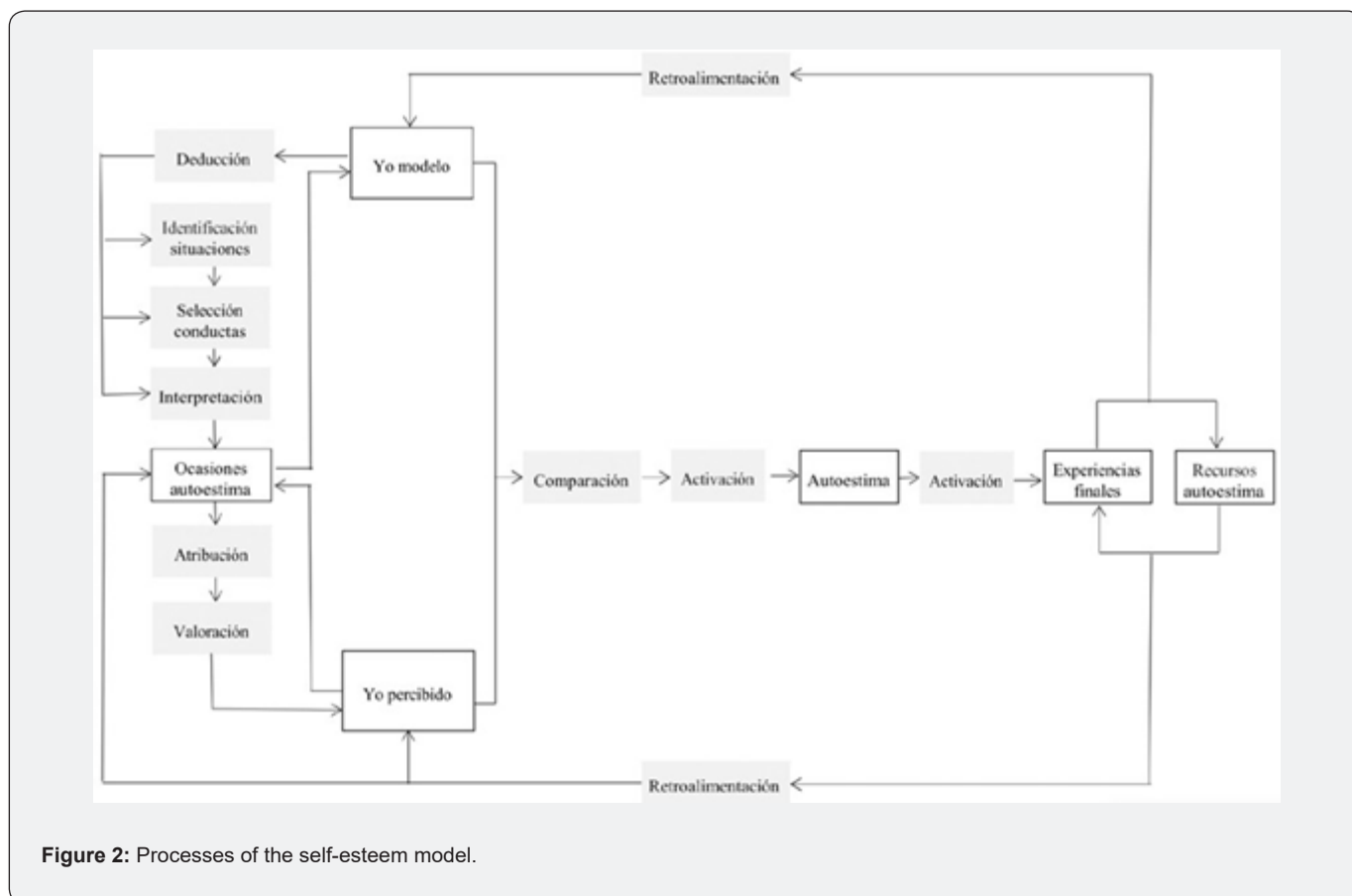


Figure 2: Processes of the self-esteem model.

Interpretation of self-esteem occasions

Process with these inputs: (a) self-esteem occasion and (b) criteria of the model self to judge its outcome; determining how it has been the same. Your output will be assessment devaluation of the I perceived in consonance with the result produced. Although indirectly, here HE They connect for the first time the two ego schemes.

Internal Attribution

Process that assigns the responsibility that the interested party attributes to himself for the result of the chance of self-esteem, estimating either dismissing according to has been success either failure. Their tickets are: (to) interpretation of the self-esteem occasion and (b) behavior implemented in the situation; its output being concomitant appraisal of the perceived self. A negative attributional style together with low self-esteem is associated with depressive symptoms [75]. In successive cycles of self-esteem, feedback would take place. mentation between said inputs and output.

Assessment Of the I Perceived

Process whose tickets are: (to) result of the chance of self-esteem in Yeah same, his assessment passive, and (b) result according to the internal attribution made, its active assessment.

Both ratings will be added one to other in sign and worth. Talk later of assessment “passive” “active” referring to the stake null direction ta of the subject in the resolution of the situation. His exit be a I perceived end , addition of the I perceived initial further he worth, of sign negative or positive, correspondent to the result of the recent occasion of self-esteem (Figure 3).

Model Self-Perceived Self Comparison

Process where: (a) the model perceived self and (b) the final perceived self-enter, comparing each other; being Its output is the activation of a mental state where the concomitant self-esteem is collected. They connect here now directly the two ego schemes, both evaluating each other on themselves parameters.

Self-esteem activation

It immediately follows the previous process and initiates this mental state. count, being accessible to the conscience of the interested party.

Activation of experiences finals

Process whose entrance and exit are, respectively, the self-esteem result- so much and the consequences finals rigged. Here concludes a cycle individual of activation and maintenance of self-esteem, caused by each antecedent situation. Certain

environmental patterns activate pro- automatic processes linked to self-esteem [76].

Feedback

Process whose tickets are: (to) state of self-awareness of the experiences finals, and (b) resources of self-esteem that dispose and can mobilize he subject for improve his self-esteem; and his exit be he maintenance either modification of the tickets to the

system, feedback positive and negative respectively.

The proposed sequence of processes is consistent with the cognitive paradigm and its theoretical applications. therapeutics for depression [77] or for intermittent explosive disorder [78]; based, besides, in issues of made he antecedent precedes to his interpretation, and the results They are prior to their attribution. It is foreseeable that the evaluation and monitoring of these processes will be tested very useful in therapy with patients.

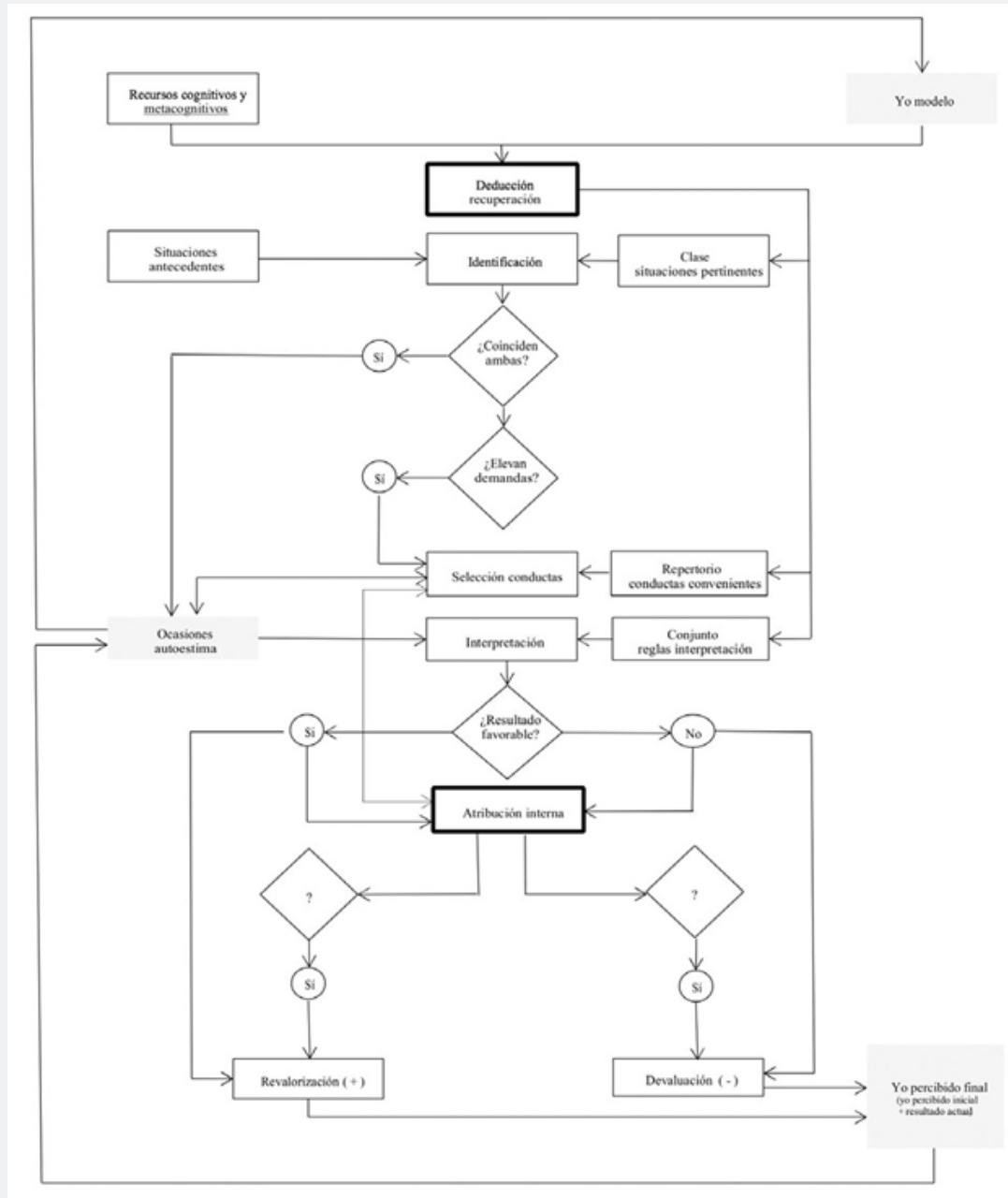


Figure 3: Detail assessment of the perceived self.

Functioning

To be immersed in the self-esteem in the dynamic medium-person, you influence certain situations background, between others, and in special, the relations social [12]; and generate their individuals' consequences, being, well, a link intermediate in a chain causal further extensive. To continue, we will examine how works his update and maintenance, pointing out besides the components of the model.

Occasions of Self-Esteem

They represent a set of events of a given class [79] and include all those situational antecedents that trigger the self-esteem process. As they are resolved, it will serve to judge Yeah, he I perceived has satisfied No the expectations of the I model (see Figure 3). HE contemplate three types of antecedents: (a) external self-esteem occasions: when the interested party is receiving information environmental information referring to himself or his actions: "I receive signs of social rejection," "I have hello good grades"; (b) occasions of self-esteem internal: state mental either sensation of the interested, memory or anticipation of results in past or future situations: "I am satisfied with what I did," "I am not I will be able to behave appropriately"; and (c) complex self-esteem occasions: those where they combine aspects external and internal: "I have congratulated my boss, and really I think that it I did good". In cases of low self-esteem, the most frequent antecedents involve errors, failure, or social rejection [80,81].

Although could seem that exist occasions of self-esteem spontaneous, without intervention some of the subject, the model presupposes that in all they half a true stake hers, although the same had occurred does time -stake remote- either was reduced to mere stake passive, of simple presence physical: receiving a gesture of approval or rejection on the street. The subject's participation compromises the subsequent attribution of responsibility by the result of the situation, charging by its special importance as has been his performance. This last face a double difficulty: must the same time (to) satisfy the demands situational and (b) resolve the situation according to the expectations of the model self. Furthermore, the condition always pre changing of the interaction medium person will raise continually new demands that will force to the subject to give different answers for go pacing his performance with the transformation's situational surprises, so grief of risk his self-esteem. Obviously, to extent that he I model be further demanding -obtain Not only approval social, but inclusive farm status sociometric [62], be essential mobilize further and further resources personal, and elderly be also the risk of breach such expectations, already that some goals personal dissatisfied reduce the self-esteem [82].

Two observations finals: in the occasions of self-esteem: (to) this already given and influences a I perceived initial on which the self-assessment resulting from the ongoing self-esteem occasion will impact, updating that to mode of I perceived end, and (b)

by influence social can meet inhibited the current I model of the interested, blocking the appropriate selection of behaviors and causing inappropriate action in the situation, advocating for it a devaluation of the self-final perceived.

I Model as Principle

Although the model self raises demands, it does not include in itself the way to fulfill them. He applies, without However, its content structure functions as a principle for deducing, or perhaps recovering, information. directly, substantial information to efficiently execute the cognitive processes that operate in self-esteem. In concrete, this scheme would facilitate information for: (to) identify those situations antecedent teeth that are occasions of self-esteem; (b) select and implement or inhibit behaviors on the occasion of current self-esteem; and (c) interpret the result achieved in each situation, according to certain rules. The interaction of the different occasions of self-esteem with the model self will press various parts of the scheme, driving separate information transformation sequences. Cognitive processes such as priming [26] facilitate the activation of schemes from certain stimuli. Its effectiveness as a scheme is encrypted in providing: (to) a set of patterns situational relevant fixed with clarity, (b) a repertoire broad and versatile behavior to implement on the various occasions that arise, and (c) consistent rules of conduct. results analysis.

We will illustrate this functioning with a simple example: Yeah "be person pleasant" would figure in the I mode- lo, then an antecedent situation of a social gathering would be identified as an occasion for self-esteem in company of their demands, and a performance that supposed "discuss lively in the cluster" HE I would select as option of proper conduct to receive the sympathies of the assistants and make sure so the self-esteem.

Final Experiences

These experiences function as a term where an isolated cycle of self-esteem is completed -before- transferor plus sequence of processes -, consisting of states of consciousness that collect the consequences latest of self-esteem. According to this, HE will impregnate a tone affective that will oscillate between a maximum positive, optimal experiences, and a maximum negative, terrible experiences; being in some cases living really intense CIAs. Depending on their nature and intensity, they will lead to a retroactive process of maintenance or modification of the System Components.

In it positive, are experiences of self-satisfaction, self-confidence, self-acceptance, and self-care [15], and will go from psychological well-being with feelings of joy or satisfaction to feelings of pride and complacency indicative of greater personal fulfillment or fulfillment: self-esteem predicts feelings of status and inclusion [83]. In his aspect phenomenal, HE will manifest to the interested as a sense of carelessness about having

achieved some kind of goal - the perceived self HE I would return "transparent", in the sense positive awarded to this term by Metzinger [34]- either of coheres- Inc internal between their dimensions cognitive, emotional, and behavioral [84]. They will release resources cognati- you either will facilitate his access for other tasks either Projects, already that those people with beliefs positive about They themselves become more involved in problem-solving processes [85], cushioning the loads anxiety and high self-esteem [12].

In its negative pole, self-distrust, self-rejection, self-criticism..., colored states will be experienced. by corresponding feelings -sadness, despondency, remorse-, which produce incapacity. The appellant self-critical rumination in low self-esteem [27,86,87] wastes ability limited of the memory of job [26] in a tried sterile of restore that -the sad- za cause episodes of questioning ruminator [85]. The low self-esteem inhibits likewise the ability of perception and action of the subject, having present that the self-esteem half he is coping of Yeah- tuition [88] -a low self-esteem hinders the perception of the sign's corporal [73], and is followed by complications, such as resentment that negatively correlates with it. [89] and mental disorders. It constitutes a vulnerability factor for depression [58,90], also in relation to types of self-esteem [39], exacerbating personal defects and failures [91], and even producing that disorder [77]. At the same time, an excessive concern for social acceptance, very common in low self-esteem, entails processes of surveillance associates to the anxiety [92], without forget that the variability of the self-esteem, together to other factors, generate symptoms paranoid [68].

Feedback

A feedback loop will be activated by the final experiences to maintain or modify the tickets, already in subsequent cycles of self-esteem. It will work in the short term in view of each chance of self-esteem current, and medium and long term for longer lasting maintenance. When the discrepancy between ego-schemas have surpassed a certain threshold, the concomitant negative experience will act as an incentive inciting to the interested to reduce that, given that the dissonance cognitive power always a motivation corrective [93]; although to times this correction HE distort would the rules of life pathological [91]. Its retroactive effect will operate in two areas: (a) internal loop : circuit that interconnects the final experiences with the model self and the perceived self to effect changes in these schemas, as a self-regulation mechanism; and (b) external loop : circuit that interconnects the final experiences with the perception and performance in the occasions of self-esteem with views to optimize are last, to manner of strategic adaptive. Obviously, the effectiveness of the feedback will depend on the amount of resources of self-esteem that the interested party can mobilize.

Self-esteem occasions that contain an intentional social influence -advice, rejection- or casual -ex- chance position to more

attractive self-models - will also act through the internal loop by changing the pre-existing schemes temporarily or permanently. Feedback must be distinguished from influence: over there HE correct a discrepancy and here He directly modifies schemes pre-existing someone imposes a model self a situation nullifies the current model self. Recall that both ego schemas show permeability to the influences of the internal environment - moods, proprioceptive sensations - and the environment external environment -occasions of self-esteem.

Resources Self-Esteem

To appease the discomfort of negative final experiences, the person concerned will need to use all those self-esteem resources that you have at your disposal: cognitive, metacognitive, social, economic... A reinterpretation of antecedent situations or reattribution of their outcome are examples of resources. cognitive. No can discard that he access to these resources can be locked by the own dismisses- tion, decision making inhibited by lack of self-confidence. In particular, they will be appropriate here for different reasons: (a) social skills such as showing empathy path or providing social support: those with low self-esteem tend to ingratiate themselves more with third parties [94]; (b) self-regulatory abilities to adjust the self-esteem system, in line with the model S-REF [31]; (c) metacognitive resources - reorient attention, monitor situations background [95]; and, even, for some self-model profiles (d) economic or information resources creep social for reach some positions professionals, hire services either acquire estate assets: Aesthetic interventions improve self-esteem [96].

Applications Clinics

The model with its analytical nature makes it possible to explain salient aspects of mental disorders and the functioning of existing therapies for low self-esteem. From its operating principles, it postulate that this last emerges of two differentials basics: (to) between he I model, and he I perceived, and (b) between the resources available and necessary to recover self-esteem. In any case, the patient would be I measure in a conflict means-ends, in whose origin and maintenance they will have part factors external -atmosphere familiar, influence social- and internal -ambition staff, deviation social.

Psychopathology

Low self-esteem accompanies other mental disorders: eating disorders [13], anxiety, problems further of conduct and personality [15,97], certain psychosis [16]; and, as a personal vulnerability factor [11,58,87,98] can supply a base about the that He cement the structure pathological of others tables: Consistent self-esteem predicts the course of therapy for depression [99], and its Variability induces improvements in personality treatments [100].

He model figure his etiology in one either several of these defects: (to) vices in the setting of the schemes of the self, (b) cognitive processes of self-esteem that are biased or inhibited by one cause or another: a variable self-esteem. ridable would take to outsource he result of the events [68], and (c) lack of a feedback effective negative.

We will illustrate the above with some examples, separating them by components and processes: (a) compose-test : a negative perceived self would remain as if crystallized in the person's mind due to situations of abuse, harassment, family neglect... [81] or stigmatization, the internalization of which damages the self-esteem [101], blocking its timely update through successful performances, a change therapeutic indispensable [102]; a overestimation of the I perceived would result likewise harmful: vulnerable narcissism negatively correlates with self-esteem [103]; (b) processes : biases when identifying antecedent situations, people with low self-esteem tend to make subjective comparisons. ascending cials [104]; or misinterpretation of expectations, transforming aspirations legitimate in needs disturbing [105]; conflict between the purposes of self-regulation and adaptation, in charge, respectively, of the internal and external feedback loops: self-esteem half the conflict between family and work [106].

Psychotherapy

As we mentioned previously, there are numerous therapies in use for low self-esteem, some of them cient implantation as the derivative of the approach metacognitive [27,80,86], to know: therapy cognitive-behavioral individual with Adults [12,81,100,103,105,106,107] and adolescents [10] children [9], also in cluster [108] and in co- existence with others disorders [15, 160,107]; therapy drive tual dialectics [110]; therapy rational-emotive, inclusive integrated with others therapies [111]; technique EMDR [9]; approach mindfulness [91]; techniques of coaching [1]; either inclusive the therapy of the role permanent [112], originally as treatment for the personality; existing, in addition, studies comparative between diverse therapies [9].

The model can contribute to perfecting the application of these therapies and lays the foundations for a project therapeutic own to leave of his structure and functioning: explaining he I model, getting better the detect tion of occasions of self-esteem. Of any manner, HE holds that the self-esteem HE will recover only and exclusively optimizing the relationship person-environment of expensive to increase the occasions of self-esteem that finish with a good exit [113,114].

Conclusions

Among the contributions of the proposed model, we would highlight its integrated nature - completing in a whole concepts

and results until now scattered- and analytical, that it allows explain the update and maintenance to of the self-esteem in time real; So as his potential for develop future Applications clinics in psycho- pathology and psychotherapy; its coherence with other psychological theories and constructs; and its origin in results in this field of research. Within its limitations, we understand that there is still a lack, among other things, an adequate articulation of the transversal and longitudinal versions of self-esteem and elucidating how it is they articulate the automatic and deliberate aspects of the model self.

In our opinion, future work should address: (a) the necessary formalization of the model and its con- transformation empirical; (b) an exposure wide and ordered of a program of treatment for assess and adjust adequately the various components and cognitive processes involved, as we have seen, in the action. utilization and maintenance of self-esteem; as well as (b) a subsequent comparative analysis of its efficiency clinical with respect to other currently existing therapies..

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