The concept of self-consciousness in phenomenological psychology and its role in handling painful psychological experiences

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Abstract

Decision on painful psychological experiences is one of the most important topics in psychology. When people have painful psychological experiences (for example, failure at work), they believe they are at one with the event. This paper claims that individuals can effectively cope with those situations by changing their perspectives. If someone distinguishes such experiences, they can handle them easier and accept them willingly. To illustrate this distinction, we first explain the definition of self-consciousness in phenomenology. In this way, we show why accepting the existence of self-consciousness requires accepting the existence of two dimensions in a human being. We also explain why understanding this philosophical fact helps people accept and cope with their painful experiences more effectively. Therefore, we conclude that a new perspective on phenomena and human beings of phenomenology offers a way to understand self-consciousness in order to help in difficult situations.

Keywords: Philosophical Psychology, Phenomenology, Self-Consciousness