Based on our behavior, our thoughts and feelings, others' reactions, and social comparisons, we form multiple self-aspects, which we combine and integrate through limited accessibility, selective memory, attribution, and focus on key traits according to cultural principles, to yield the self-concept.

We evaluate ourselves based on positive and negative experiences and comparisons with others, filtered through self-serving biases to yield self-esteem.
When failures, stresses, and inconsistencies arise, we defend

Once formed, the self directs

thoughts, by making us less open to new information about the self

feelings, by shaping emotional reactions to self-relevant events

actions, as we regulate our behavior using self-guides

When failures, stresses, and inconsistencies arise, we defend

emotional well-being

physical health

through

coping

which may be

problem-focused

emotion-focused

depending on

appraisals of the threat

appraisals of our resources.