

Keywords: imagination, silence, gender/identity,
exploration, development, social effects,
self-awareness, narcissism

- Does the mirror play an effect on our self-esteem whilst discovering oneself?
 - How do we define/discover/become oneself?
- How narcissistic can children become within this generation?
 - How do mirrors play a big part of our lives?
 - How do we become narcissistic?



The Developmental of Self-Awareness

The neurobiological and psychological triggers for self-awareness have not yet been clarified. What we do know is that this occurs around 1 – 3 years. The child begins to know her own name and refer to herself by name. The child will begin to look in the mirror and realize she is looking at herself. She will also make clearer her own likes and dislikes, needs and wishes.

Evidence for Increased Self-Awareness As the well-known infant researcher Daniel Stern notes, at about 18 months children begin to show evidence of self-awareness. This evidence includes: infants' behavior in front of a mirror, their use of verbal labels for self, and empathic acts (See *The Interpersonal World of the Infant*, 1985). Regarding the studies of children and mirrors, here is how Stern describes what happens to a child at around 18 months:

Prior to the age of eighteen months, infants do not seem to know that what they are seeing in a mirror is their own reflection. After eighteen months, they do. This can be shown by surreptitiously marking infants' faces with rouge, so that they are unaware that the mark has been placed. When younger infants see their reflections, they point to the mirror and not to themselves. After the age of eighteen months or so, they touch the rouge on their own faces instead of just pointing to the mirror (p. 165).



Montessori Practical Life - Polishing a Mirror

“With practice children learn to relax and absorb, appreciate the world around them.”

– montessoritraining.blogspot.ca

- Concentration
- Stillness
- Self-discipline
- Relaxation
- A sense of therapy



Montessori Silence Game



Phoebe

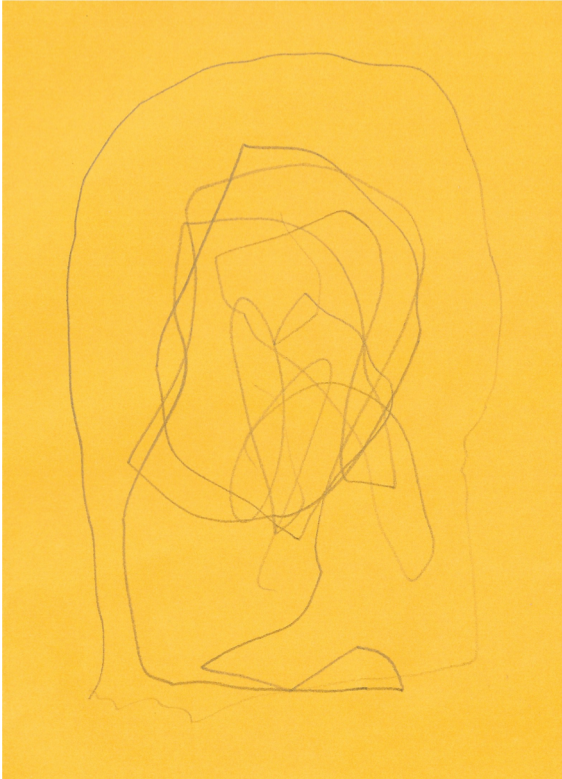
She drew the actual mirror instead of herself. She then picked up the actual mirror and placed it on her ear as if she was talking to someone on the phone.



Thomas

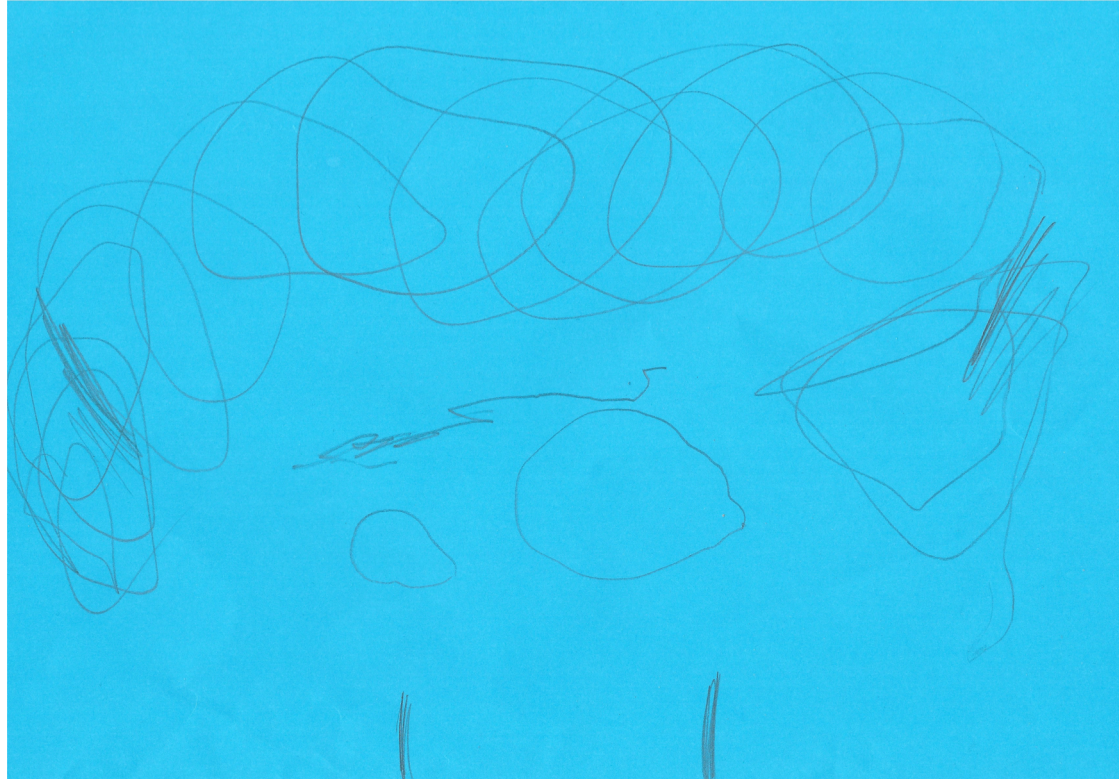
“I drew a digger, I’m a digger.”

He also drew the actual outline of the mirror as he saw Phoebe doing it (a sense of copying another and not knowing how to start a task). He then also drew his hand after scribbling on the page which I believe is as if he was trying to find himself so he literally drew around his hand in order to say this is me.



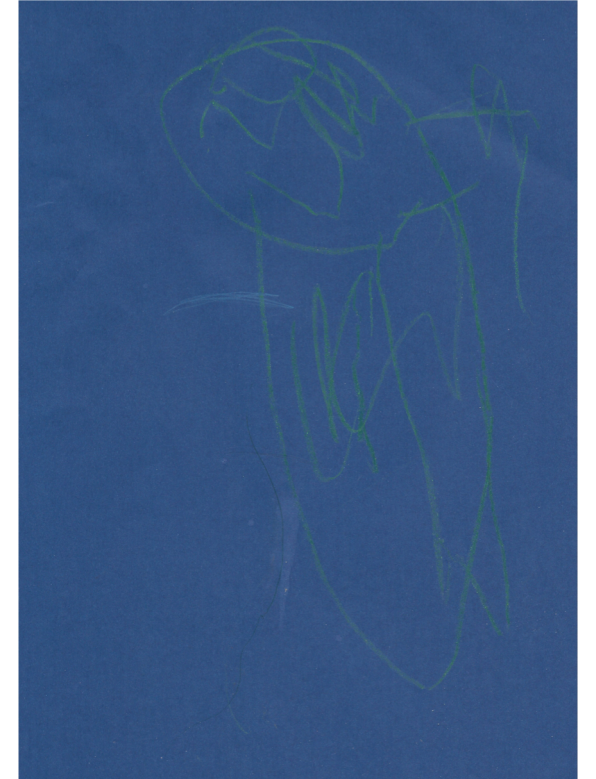
Julia

Drew her face with a continuous line first from her hair then towards her eyes.



Caua

"I drew my curly werly's and my legs and my cheeks."
The only child that was properly observing himself in the mirror exploring each of his features even including his eyebrows.



Anvik

Drew his whole body instead of just his face – which could link to his big, leader like personality.

The psychology of narcissism - W. Keith Campbell (YouTube video)

NARCISSISM:

- Elevated and detrimental self involvement
- Selfishness; making risky and unethical decisions

NARCISSISTIC PERSONALITY DISORDER:

- Takes over people's lives and affects the people around them
- Some children can be very self-centered but it's part of development
- Problems with empathy
- A sense of entitlement
- A need for admiration and attention

CAUSES:

- One's environment (also the environment at home)
- "Parents that put a child on a pedestal can foster grandiose narcissism and controlling parents can lead you to vulnerable narcissism."

GRANDIOSE NARCISSISM = conceived on a very grand or ambitious scale, is a flamboyant, assertive, and interpersonally dominant style. Like all narcissists, grandiose narcissists are more likely to attain leadership positions, they have an inflated sense of self, are overconfident in making decisions, and don't seem to learn from their mistakes.

VULNERABLE NARCISSISM = the narcissistic qualities of a vulnerable narcissist are masked by helplessness, emotionality, and reticent behaviour.

E.g. I'm the best/I'm the worst.

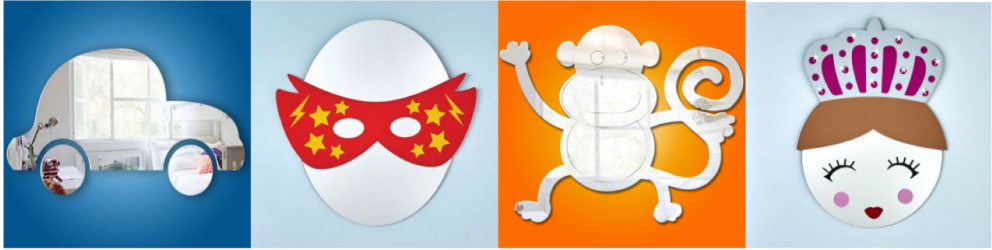
SOCIAL MEDIA:

- Social media has multiplied the possibilities to promote oneself
- "provides narcissists means to seek status and attention."

IMPROVING NARCISSISTS: (the need to self-improve)

- Receive psychotherapy
- Practicing compassion to others





Children's mirrors are smaller and more colourful, by using characters also to get them more intrigued by looking at themselves and exploring ones identity. It's scale is quite small in comparison to mirrors used by adults which I interpret as once you boost yourself self esteem the older you get the more likely you would buy a larger mirror perhaps for more self confidence, could be a form of status also by having a larger mirror you are more wealthy (which links to mirrors in the past that those who could afford a mirror were seen as classy and rich). Children's mirrors also show more of a sense of imagination and creating a surrounding for children to feel free and comfortable within themselves/exploring their reality.

Some more sophisticated home mirrors are normally framed with a beautiful elegant design or thick frame which I initially saw as a way of framing oneself. As we grow older we are more obsessed by our appearance for oneself or others. It can be seen as narcissistic, a sense of ones big personality.

INTRODUCTION

Finding your identity or knowing who you are can take days, months, years or perhaps never. We are first introduced to ourselves through our names and glaring at a mirror when we are a few months old. In this essay I will explore this aspect and also explore how narcissistic we can become whilst developing. Ones self can be so self absorbed that they don't appreciate the world around them and this relates to the first stages of self-awareness.

1st paragraph

- How mirrors are first introduced to children and what are their normal reactions etc.
- How parenting can 'cause' children to become narcissistic, how it can effect their way of living/acting with others and how it forms their personality's such as being anxious or bubbly etc.

2st paragraph

- What narcissism is
- How it effects todays generation through social media

3st paragraph

- Link both paragraphs in explaining how one thing may cause another (giving scenarios or examples such as rich kids).
- How the mirror changes from being our phones/cameras when we are older (advancement of technology and society effects).

4st paragraph

- Conclusion; The summation of your findings and it's critical analysis may give rise to further questions and this is fine. Reference aspects of The Mirror or The Lens with key concepts/theories from your essay, that way it will remind the reader what it was you were researching whilst summarizing the whole.