The research project deals with the role which our body plays in the way we think about who we are. The planned research is aimed to show that various aspects of the experience of the self – self- certainty, self-consistency, self-continuity, self-other boundary, self-authenticity, and self-agency are rooted in our body. In series of experiments, it will be shown that paying attention to the body or experiencing the body, strengthen the experience of our self-concept.