Self-awareness and self-concept are important phenomena which influence social interactions and achievement of long-term goals. Contemporary psychology mentions about several dozen of detailed features of self-concept which decide whether our "ego" will facilitate or hinder every-day life. Therefore, our primary aim is to identify basic aspects of the self-concept which determines a quality of adaptation to social environment. Revealing these core features of self-knowledge which serve adaptation allows for more comprehensive understanding of the self-related processes. Particularly, it allows for verification of the hypothesis that some adaptive features of the self-concept, for example its coherent and stable structure, optimal self-complexity (adequate to social demands), and an attitude of self-acceptance – all they facilitate effective processing self-related information and in a result – self-regulation and social interactions. In our research we will observe processing self-relevant information by people with various features of self-concept at a real time. To this end we will conduct a series of studies using methodology which enable insight into cognitive processing, such as electroencephalography (EEG), eye-tracking (ET), mouse-tracking (MT) and posturography. In our project we will answer the following questions: to what extent the adaptive self-concept (i.e. including these self-believes that improve optimal functioning) is related to (1) unbiased processing self-related information, (2) lower uncertainty concerning the self, (3) better self-regulation manifested in body movement coordination, and (4) activation of neuronal patterns connected with effective processing self-related information. We also tend to verify to what extend the adaptive self-believes can be induced and formed, and how they influence processing information. To this end we will conduct studies using both brief experimental manipulation aimed to induce self-acceptance and self-compassion attitudes and more intensive therapeutic intervention which is supposed to influence long-term changes in self-referred meta-believes.