

The present research project is based on the observation, made independently by numerous theorists representing various disciplines of psychology, that the picture of ourselves that we develop changes in various situations and at different times. In other words, this means a person is not a “monolith” with fixed characteristics but possesses many versions of themselves – many aspects, many sides of personality, or many selves, which come to the fore in different situations or in relations with different people. This way of looking at human personality is endorsed by a considerable proportion of psychotherapeutic schools. These schools place emphasis on revealing various parts of the person’s self, developing them, and exploring the relations between them. These theories often take the person’s internal conflicts into account in therapeutic work, and clinical symptoms stem from the existence of psychological tension between different aspects of personality. It can be assumed that during this kind of therapy therapists not only use techniques aimed at activating a particular mechanism (e.g., realizing an unknown side of the self), but also teach the clients a certain way of thinking about themselves. Clients learn to understand their experience in terms of multiple selves. It therefore seems interesting to check what are the consequences of the very thinking about oneself in terms of multiple selves, ignoring a number of other phenomena and therapeutic factors that occur during therapies or interventions aimed at supporting personality development. For this purpose, this factor should be isolated from the therapeutic context and taken to the laboratory. It would be interesting to check if the consequences of this manipulation are similar to the expectations and objectives assumed in psychotherapy. One of the main objectives is to increase the patients’ openness to various aspects of self-experience. The aim of the current project, in which a series of experiments has been planned, is to check whether encouraging people to think about themselves in terms of multiple selves makes it possible to stimulate various aspects of their openness to experience. This refers to openness to changes in life, openness to new goals, openness to new values, openness to revealing oneself to others, openness in thinking, and openness on the unconscious level.