

Wisdom Can Be the Expression of the Self

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Abstract : Experiences are the fundamental aspects of understanding of ourselves and the world around, leading to wisdom. In the path of wisdom, explorative reflection is the process through which we integrate our experiences, weave them into autobiographical narratives. Further, Neisser, a psychologist, and philosopher, thinks 'ourselves' is the wide web of different concepts which help us to understand the world, he called it the conceptual self. The conceptual self, as the storehouse of experiences and different concepts, develops a wiser individual narrative. Thus, Wisdom can be conceived as the expression of the Self. Drawing from this, the current work explores the autobiographies of young adults, focusing on their narrative self and foundations of wisdom through narrative analysis. Using the corresponding interview data, we will shed light on the way they exploratively reflect on challenging situations and use their narrative experiences and conceptual understanding. The aim of this study is to understand the 'conceptual wiser-self'.

Keywords : wisdom, self, conceptual self, narrative self, autobiography, narrative analysis

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