*Interplay of the Triad of Self-Concept Feelings**

Belongingness is fundamental. **Worthiness** somewhat depends on belongingness, for one must feel accepted by others to value their confirming attitudes concerning how good a person he/she is. **Competence** depends partially on belongingness and upon worthiness. We need to feel accepted by others in order to value their approval or profit by their helpful criticism. We also must approve of ourselves to have the incentive to keep trying after we have failed. We tend to become listless and apathetic when we lose our sense of worthiness and feel like a non-person, depressed.

Reviewing the essential nature of these three feelings, we observe these facts: **Belongingness** rests on the voluntary attitude of others as they display their acceptance. **Worthiness** rests on the introspective attitude of self-approval. **Competence** rests on the evaluations received in past relationships and on one's present sense of success.

Note that **Belongingness** positions a person with respect to other people. Belongingness gives an orientation in society as "one of them." One has the underlying feeling of being either "in" or "out" with people.

Worthiness positions a person with respect to his/her own ideals and conduct. It gives him/her an orientation with respect to the appropriateness of his/her behavior. He/she is aware of being either good to bad, worth something or nothing.

Competence positions a person with respect to life situations. It is related to how he/she copes with life. Competence

orients a person to circumstances, to time, to responsibility, to usefulness, and to fulfillment in his/her role in life.

These three feelings work together to give a person a sense of identity, a self-orientation to living. **Belongingness, Worthiness, and Competence** are *essential* elements of self-concept and together they affirm to a person that he or she is *somebody*.

*Maurice Wagner, *The Sensation of Being Somebody*