**Chapter 5: Self in Social Cognition**

1. Contrast explicit and implicit self-esteem. Describe an outcome of having high-explicit but low-implicit self-esteem. Why does that outcome emerge?
2. What is the independent self and the interdependent self?
3. Describe the behavioral activation system (BAS) and the behavioral inhibition system (BIS). What general behaviors do each promote? Which brain areas do each activate?
4. Describe the four motivations for self-regulation. Categorize them under relevant motives from the buc(k)et of motives described in Chapter 2.
5. Describe at least three benefits of self-enhancement.
6. In your own words, describe the self-evaluation maintenance theory. Give examples to explain the comparison and reflection effects.