Actual self-versus ideal self
the gap between what I am and what I desire...

The real you is what you are now and includes all your positive and negative points. You can be prone to anxiety, prone to depression, eager to help others, kind, selfish, self-centered, or incapable of saying no and being assertive. In contrast, your self-ideal is what you aspire to be or feel you should be, such as "I must be honest," "I must be good," "I must be the best," etc.

Parenting and socialization. Sometimes, seeing equal models in the roles we have in society, we try to reach them and compete with them; in fact, we create a self-ideal according to them. When we try and succeed, it can be it makes us feel good, but sometimes we don't succeed, and we feel bad that maybe we hate ourselves in some cases, and that's where the problem starts. Usually, when we have an inflexible and unrealistic self-ideal and we cannot achieve it, it can be painful and stressful.

 Some people want to be true to themselves. They feel their real selves must match their ideal selves. Flexibility has no meaning for them. They see all the affairs of the world as black and white, or zero and one hundred. For them, only defeat or victory is meaningful, and they do not consider any middle ground. Usually, this group of people has low self-confidence and always suffers from the distance between their real self and their ideal self.

When you were a child, you valued the norms, and you respected them by following the example of the elders and... And you followed them with all you might. But now consider a situation where you have to lie to support your best friend; here you are undoubtedly prioritizing your friendship over norms, and you are accepting your true self, when ideally you would learn from the lessons.

Follow childhood and norms. But sometimes we feel bad for lying and see ourselves as far from our ideals. In fact, there are times in life when our moral values overwhelm our practical lives, and it is at this point that we hate who we are (our true selves). When we make judgements based on high-level moral principles, we are actually trying to achieve self-idealism.

If we accept who we are (that is, our real selves) and try to improve it by setting goals and planning, there will be no special problem and we can reach our goals, if they are realistic. But those who only visualize ideals and don't make an effort are more prone to mental suffering and depression than others. Research has also shown that in depressed people, the distance between the ideal self and the real self is very large, and they learn to be helpless in achieving their dreams.

If we move forward ideally, we will also reach our ideal selves. People who have low self-confidence and a low sense of self-worth always think and behave in the same way. Since they don't succeed, they think that they are weak and incompetent. But a healthy mind accepts itself as it is and tries to grow in all directions; it is aware of its strengths and weaknesses; it handles all criticism and rejection with a developed method; and self-idealism is an ultimate goal and a motivation for it.