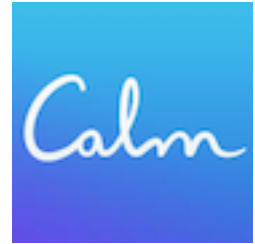




Foucault's Care of Self: An Ethical Approach to Technology in the Global Age



- I. **Terms**
 - a. *epimeleia heautou* (care of self)
 - b. *gnothi seauton* (knowledge of self)
- II. **Defining Technology of Self**
 - a. Four Types of Technologies¹
 - i. technologies of production
 - ii. technologies of sign systems
 - iii. technologies of power
 - iv. technologies of self
 - b. Foucault wants to focus particularly on the “interaction between oneself and others in the technologies of individual domination, the history of how an individual acts upon himself, in the technology of self.”²
- III. **Defining Care of Self**
 - a. Three Themes of Care of Self from Plato’s *Alcibiades*³
 - i. proper relationship between the self and the socio-political community
 - ii. proper relationship between the self and education
 - iii. proper relationship between the self and knowledge of self
- IV. **The Reduction of the Care of Self to the Knowledge of Self**
 - a. “To summarize: There has been an inversion between the hierarchy of the two principles of antiquity, “Take care of yourself” and “Know thyself.” In Greco-Roman culture knowledge of oneself appeared as the consequence of taking care of yourself. In the modern world, knowledge of oneself constitutes the fundamental principle.”⁴
 - b. “It seems to me the ‘Cartesian moment’ . . . functioned in two ways . . . by philosophically requalifying the *gnothi seauton* (know yourself), and by discrediting the *epimeleia heautou* (care of the self).”⁵
- V. **Response to Modern Technology**
 - a. Critiques: Technologies mediating knowledge of the world, others and self.
 - b. Potential Hope: Technologies potential for physical and spiritual wellness.

¹ Michel Foucault, *Technologies of the Self*, eds. Luther H. Martin, Huck Gutman and Patrick Hutton (Amherst, The University of Massachusetts Press, 1988), 18. Reprinted with minor alterations in *Ethics: Subjectivity and Truth*, Vol. 1 of *The Essential Works of Foucault 1954-1984*, ed. Paul Rabinow (New York: The New Press, 1997), 223-251.

² Foucault, *Technologies of the Self*, 18.

³ *Ibid.*, 30.

⁴ *Ibid.*, 22.

⁵ Foucault, *The Hermeneutics of the Subject: Lectures at the College de France 1981-1982*, ed. Frederic Gros, trans. Graham Burchell (New York: Palgrave Macmillan, 2005), 14.