A thorough knowledge of the synoptic structure and contents of the modern African self is essential for an improved understanding of the Africa of the 21st century. This lack has compelled practitioners to continue to use the Western model of the self as a substitute for the African perspective. This situation is, however, regrettable, since the Western notion of the self is largely incompatible with the African view. The Western model is based on the notion of the self as a demarcated entity set off against the world, whereas the African views the self as an entity in close interaction with the multi-faceted aspects of his world. This paper is an attempt to correct this imbalance. It offers a synoptic theory of the fabric of the modern African self.