

DEVELOPING
SELF-AWARENESS

by Christine Marie Layton



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AT A GLANCE

- Self-awareness is the skill of knowing one's own thoughts, emotions, and values.
- People with self-awareness skills have more control of their actions in difficult situations.
- People have two kinds of assets, or strengths, that build self-awareness. Support from another person is called an external asset. Internal assets are strengths found within.
- Integrity is the skill of staying true to one's values. It means doing the right thing, even when no one is looking.
- Goal-setting is one way to develop self-awareness. A friend can help a person be responsible for his or her goals.
- It is normal to have more than one identity. A person may act differently depending on the people he or she is with and the situation.

SELF-AWARENESS WITH FRIENDS

At first Mai thought she'd like a big birthday gathering with all her friends. She had planned an outdoor movie party. Her dad had already hung a screen in the backyard. There were cushions and blankets on the grass. Her mom was making food for twenty hungry teenagers.



Bigger gatherings can be a place to practice self-awareness.

Even her sister helped by hanging twinkle lights in the trees.

But now, just a few hours before the party, Mai was having second thoughts.

First of all, her family would be there.



Being self-aware helps improve relationships with friends.

And the way she talked to her family was different from the way she talked with her friends.

She even talked to some friends differently than others. She had a group of

They don't care about how others will judge them.

NAMING EMOTIONS

People deal with emotions every day.

Some people make it seem easy.

Problems don't seem to bother them

MIRRORING

Tanya Chartrand and John Bargh ran an experiment that shows people often copy each other. In the experiment, an actor talked to a stranger. When the actor smiled, the stranger smiled. When the actor jiggled his foot, the stranger jiggled his foot. Mirroring, or copying body language, is normal. It is also **unconscious**. Copying body language is normal. But copying another person's identity and losing one's sense of self is not healthy.

NAMING EMOTIONS



Naming emotions can be a difficult task. Using an emotion wheel can be helpful when people aren't sure what they are feeling.

All the pieces fit together. Harmony takes a high level of self-awareness.

Everyone struggles with his or her thoughts, feelings, or actions at times.

GLOSSARY

clarity

the quality of being clear or easy to understand

instincts

knowledge that comes without thinking or studying

interpersonal

having to do with relationships or communication between people

sense of self

a person's feeling of how certain features or qualities define him or her

stereotypes

ideas about groups of people that are not true for all people in the group

strategies

plans for achieving goals

unconscious

unaware, or done without realizing it

values

a person's judgment of what is important in life

SOURCE NOTES

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