

Self-Awareness



Assessment

Self-Awareness Definition:

- a. Base level awareness of personality, character and core values and beliefs and what has shaped them
- b. Being able to monitor and evaluate your own actions, thoughts and feelings whether in the moment or afterwards

Note: Great self-awareness + unwillingness to change or to be changed = square root of very little!

Self-awareness + willingness to change or be changed = a key that can unlock many positives:



- a. Provides the basis for self-development including self-control
- b. Can add respect and support from those around you
- c. Provides the basis for growth in emotional intelligence
- d. Will help with emotional health

Scripture encourages self-examination:

- a. By ourselves 2 Cor 13 v 5
- b. By others Prov 27 v 17, Prov 27 v 6
- c. By God Psalm 139 v 23-24

Others investing in growing our self-awareness:

For example: Myers Briggs, Belbin, Clarity 4D, VIA

Investing in growing our own self-awareness:



- a. Establish the discipline and then practice
- b. Establish a three-fold network - yourself, others, God
- c. Be willing to change and be changed
- d. Using the self-revelation, highlight not only areas to develop but also strengths on which to build
- e. This investment will take time

Emotional Health



Emotional Health Definition: Mental Health Foundation: emotional health is 'a positive state of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life.'

Self-awareness will help you to recognize that all is not well. Tell-tale signs:

- Emotional: Easily agitated, frustrated or moody. Feeling overwhelmed. Feeling bad about yourself and angry towards others
- Physical: Low energy, headaches, insomnia, stomach upset, loss of libido
- Cognitive: Constant worrying, forgetfulness and disorganization, inability to focus, poor judgement
- Behavioural: changes in appetite, procrastination and avoiding responsibility

Managing Stress:



Stress = too much pressure for too long. Point at which you say one or both of these things 'I cannot cope/take any more' or 'I am not in control'



Pressure See Saw

Pressure Capacity = emotional, mental and physical, drive/motivational, spiritual

Pressure Creators = time, circumstances, relationships, yourself

- Emotional – casting cares and worries (1 Pet 5 v 7), perspective (count your blessings)
- Mental and Physical – exercise, eat well, keep the Sabbath, rest and sleep listen to worship songs, resilience
- Motivation/Drive - reward yourself, give yourself something to look forward to
- Time - get rid of the barnacles, hit the ball back straight away, job takes 2 mins just do it. Take back control - phone, diary
- Circumstances - hard to control
- Relationships - use your support network. Spend some time repairing broken relationships, forgive etc. Will free up emotional capacity
- Yourself – to what extent is your own nature or approach contributing?

Questions:

How well do you know yourself? Are you willing to change or to be changed? What pressures are you under and what did you learn from this session that could be of practical help to you? Write down an action plan for change.