

SELF AWARENESS THERAPY WORKSHEETS:VERSION 2

Self-awareness involves being aware of different aspects of the self including traits, behaviors, and feelings. Following are some of the ways to practice self awareness:

Practice Mindfulness to be self Aware:

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment through a gentle, nurturing lens. When we practice mindfulness, our thoughts turn into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Grounding Techniques:

Spend time with yourself and focus on your breathing or anything that is present around you.

Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste.

Senses	Observe Start simply noticing your environment, thoughts, feelings, and sensations without reacting to them	Describe Now that you have observed, use <i>words</i> to practice describing your internal experience	Participate With practice, mindfulness will allow you to more fully participate in your own life & experiences
Hearing			
Vision			
Touch			
Taste			
Smell			

Practice saying no:

Be assertive, know what you want and what you don't want to have. Don't be aggressive but be assertive.

Take feedback:

Ask for help, take feedback from the people around you on how you react and behave and what do they think about themselves. Be mindful of your actions and their consequences.

Watch your self Talk:

Self talk if your unconscious mind is speaking. It is your internal monologue, it can be positive as well as negative. Understand the difference and try to understand the mechanism behind your negative self-talk.

