Self - Awareness : Reflection

Questions For Reflection

Once you've spent some time using these or other practices to focus on improving your self-awareness, think through the questions below to reflect on what you've found.

What are some patterns I can see through my journal entries?

Is there a particular emotion that I feel more often than others? When and why do I feel it?

Are there certain situations or interactions with certain people where I could improve how I respond to my emotions?

How would I describe my own self-talk? Harsh, gracious, critical, supportive, cynical, mindful? Is it primarily one view or multiple?