



Awareness and Self-Awareness

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Awareness and Self-Awareness

- **What is Self-Awareness?**
- **Why does Self-Awareness Matter?**
- **Self-Awareness Challenges**
- **Self-Awareness Components**

Knowledge or perception of a situation or
fact

(awareness)

Conscious knowledge of one's own
character and feelings

(self-awareness)

What is self-awareness ?

- The skill of being aware of and understanding your emotions as they occur and as they evolve
- Focusing our attention on ourselves, evaluating and comparing our current behavior to our internal standards and values
- The ability to monitor our thoughts and emotions
- Understand the links between emotions , thoughts and actions
- Understand how feelings may affect their performance
- Ability to be guided in how they feel by their personal values

Why does self-awareness matter?

- The corner stone of Emotional Intelligence
- Interrupt automated thinking and behavior
- Allows a person to move from reactive behavior to conscious, active behavior
- Allows for the appropriate handling mechanism to be used in dealing with emotions or thoughts
- Implicitly increases compassion towards others and the ability of self-compassion

- We usually work on automatic pilot because it is efficient and we are driven by what we learned from past experiences
- Confirmation bias can validate any preconceptions we have
- We are not used to handle what we perceive to be negative emotional states
- Some thoughts or emotions might seem overwhelming or very difficult to manage
- It is difficult to ask for feedback as we believe that negative feedback somehow makes us less than who we are or hope to be
- The world is filled with wonderful distraction that take over our attention



- Emotional awareness
 - take time with yourself
 - follow your inner voice until you understand what you are feeling
 - allow the emotion to exist within you
 - think about what is making you feel this way
 - consciously guide your inner voice towards the behavior or action you want

If you have difficulty try seen the situation from different perspective (actually move around in your imagination, change tone, imagine yourself from the outside of the situation).

- Accurate self-assessment
 - What am I feeling now ?
 - What makes me feel this way ?
 - What am I thinking now ?
 - How does this affect me ?
 - What is the outcome I want to achieve ?
 - Is it achievable ?
 - How should I act to achieve this ?

- Self-confidence
 - Other peoples emotions are their own
 - There are no good or bad emotions
 - I have this emotions for a reason
 - It is normal to have emotions
 - I can control my own emotions, thoughts and actions

THANK YOU!

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