

How Self-Aware Are You?

Read the following statements. **BE AS HONEST AS POSSIBLE** and circle your answers according to this guide:

0 - Not true for me 1 - Somewhat true for me 2 - Very true for me

Points to Remember:

- Self-awareness is when you realize that, although you are not the center of the universe, everything you say and do can affect those around you.
- Self-awareness allows you to control your attitude, manage your moods and choose behaviors that do not negatively impact your life or those around you.

"He who knows others is wise. He who knows himself is enlightened."

~Lao Tzu



It's important for me to say exactly what's on my mind.	0	1	2
I have difficulty feeling and expressing anger, and then letting it go.	0	1	2
I don't feel it's important to praise the successes of others.	0	1	2
It's hard for me to communicate with people whose opinions and backgrounds are different from my own.	0	1	2
I know which people at work are weaker, slower and/or not as smart as I am and I am likely to use that information to get ahead.	0	1	2
I often find myself speaking without thinking, and sometimes say hurtful things.	0	1	2
I tend to respond to people who are angry by becoming angry myself.	0	1	2
I feel my co-workers benefit when I point out their errors or mistakes—it helps them to learn and do better.	0	1	2
Most people know that when I am mad they should stay out of my way.	0	1	2
I have strong opinions about most things and often find myself in disagreements or debates with others.	0	1	2
<p>When you are finished, add together all the numbers you circled and check the results page for your score!</p> <p>TOTAL SCORE</p>	<div></div>		

Read Your Results!

Civility requires self awareness. People who are self aware understand how their words and actions affect others. People who are self aware have a verbal and behavioral “edit button.” They can predict how their words and behaviors will effect others and they are able to choose words and actions that “Do No Harm”—even while intense emotions are present. People with self-awareness are able to channel the energy of negative emotions into positive and productive outcomes.

SCORE 0-6

Wow! You have a keen sense of self-awareness. You clearly understand how your words and your actions affect others and you choose behaviors that are least likely to cause harm or unnecessary drama. You are a leader that others want to follow. If you don’t already do so, consider becoming a mentor, preceptor or a workplace mediation specialist.

SCORE 7-13

You’re doing okay but there’s room for improvement. You know that your words and actions can have a negative impact on others, but you tend to have trouble editing yourself, especially when you are experiencing intense emotions. Read “The REAL Healthcare Reform,” paying particular attention to the information and activities in chapters 2, 4 and 7. These chapters will help you learn how to manage your moods, set clear boundaries and resolve conflicts without causing harm to yourself or others.

SCORE 14+

Oops. This high score means you have trouble knowing how your words and your behaviors impact others. It’s time to take a good long look in the mirror and decide whether your actions and attitudes are helping or harming your career, your reputation and your personal sense of satisfaction with life. Read “The REAL Healthcare Reform” and complete all of the activities found throughout the book. Then, take some time to practice your new-found self awareness. When you do this, you will notice that all of your relationships improve and both your personal and professional lives will become much more satisfying.

*“The test of a
civilized person
is first self-
awareness...”*

~Clarence Day

