

Who am I?

Journal Topics for self-exploration

Instructions:

Respond to the following questions as completely as possible. Many of them will require several paragraphs in response.

The Physical Self:

1. What is your usual way of sitting?
2. What is your usual way of standing?
3. What distinctive physical habits or mannerisms do you have?
4. What do you do physically when you are happy?
5. What do you do physically when you are sad?
6. What do you do physically when you are angry?
7. With what do you lead?

The Mental/Emotional Self:

1. How do you deal with conflict?
2. What types of conflict are acceptable for you?
3. What types of conflict are unacceptable for you?
4. How do you behave when you are happy?
5. How do you behave when you are sad?
6. How do you behave when you are angry?
7. What is your status in your peer group?
8. How do you get others to do what you want?
9. How do you prevent others from taking advantage of you?
10. What are your emotional weak points?
11. What are your emotional strengths?

The Vocal Self:

1. What is your tone of voice when you are very angry?
2. What tone of voice do you use to persuade someone to do something?
3. When do you use a soft tone?
4. When do you use a harsh tone?