

GITAM University

**Directorate of Learning and Development
Department**

EMOTIONAL INTELLIGENCE AND REASONING SKILLS

CLAD 1001

SELF LEARNING MATERIAL

INDEX

Unit II: Self Awareness

1.0.Objectives

1.1.Introduction

- 1.1.1. What is Self -Awareness?
- 1.1.2. Why is Self-Awareness important?
- 1.1.3. Types of Self Awareness
- 1.1.4. Benefits of Self Awareness
- 1.1.5. Barriers to Self-Awareness
- 1.1.6. Ask yourself - introspection questions
- 1.1.7. How to become more self-aware?
- 1.1.8. 5 components of EI

1.2.Check your progress/ activities

- 1.2.1. Self-Assessment

1.3.Let us sum up

1.4.Glossary

1.5.Suggested Readings

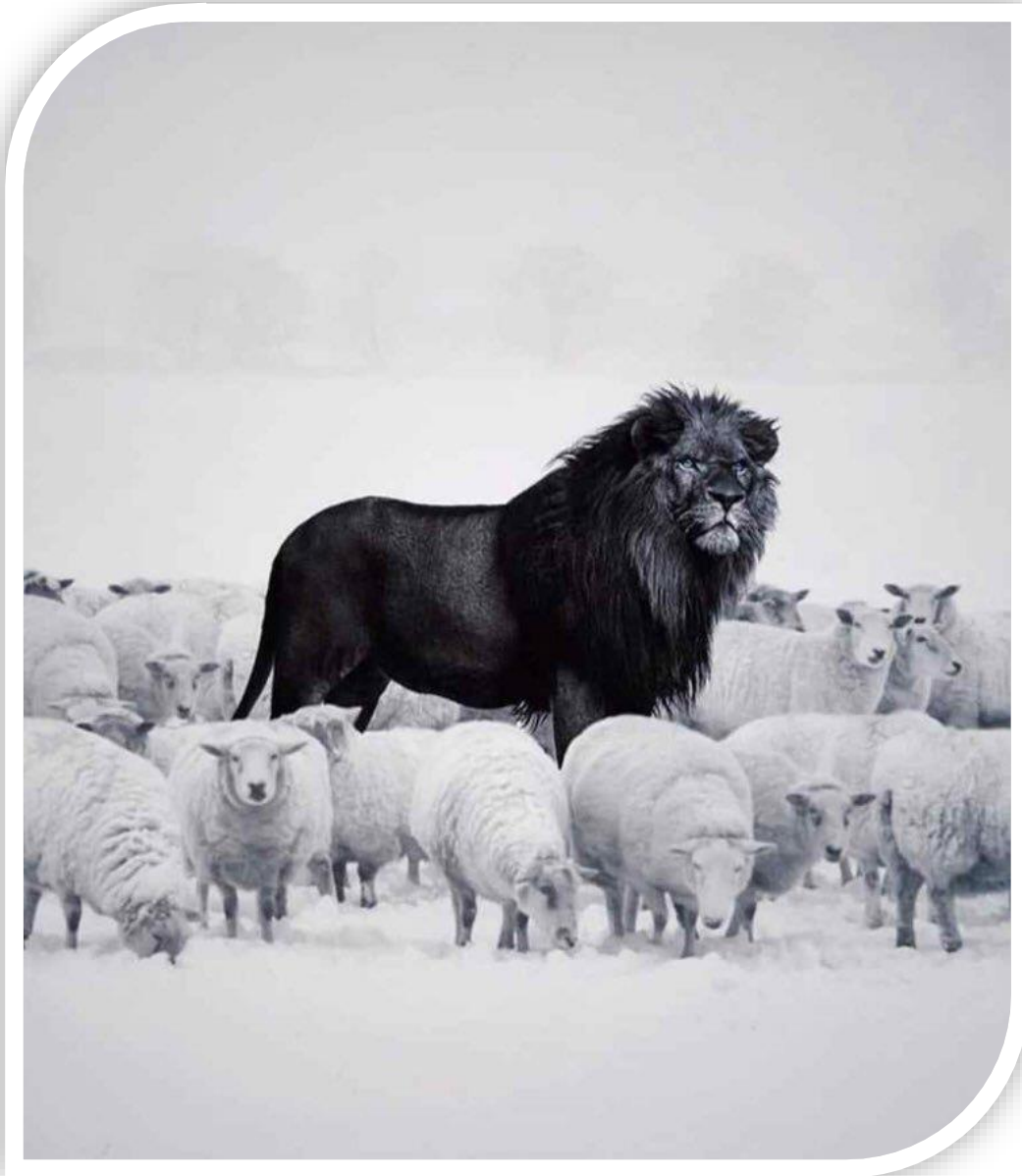
- 1.5.1. Courtesy
- 1.5.2. Reference
- 1.5.3. Video Links

1.0.Outcomes:

After reading this unit, you should be able to:

- Understand the concept of self-awareness.
- Realise the importance of self-awareness.
- Find who you are.

1.1 INTRODUCTION TO SELF-AWARENESS



There was once a pregnant lion that was on its last legs. She dies soon after giving birth. The new born not knowing what to do makes its way into a nearby field and mingles with a herd of sheep. The mother sheep sees the cub and decides to raise it as its own. And so, the lion cub grows up along with the other sheep and starts thinking and acting just like a sheep. It would bleat like a sheep and even eat grass! But it was never truly happy. For one, it always felt that there was something missing. And secondly, the other sheep would

constantly make fun of it for being so different. They would say, “You are so ugly and your voice sounds so weird. Why can’t you bleat properly like the rest of us? You are a disgrace to the sheep community!” The lion would just stand there and take in all these remarks feeling extremely sad. It felt it had let down the sheep community by being so different and that it was a waste of space. One day, an older lion from a far-off jungle sees the herd of sheep and decides to attack it. While attacking, it sees the young lion running away along with the other sheep.

Curious as to what was happening, the older lion decides to stop chasing the sheep and pursues the younger lion instead. It pounces on the lion and growls asking it why it is running away with the sheep? The younger lion shakes in fear and says, “please don’t eat me, I am just a young sheep. Please let me go!”. Upon hearing this, the older lion growls, “That’s nonsense! You are not a sheep, you are a lion, just like me!”. The younger lion simply repeats, “I know I am a sheep, please let me go”. At this point, the older lion gets an idea. It drags the younger lion to a river nearby and asks it to look at its reflection. Upon looking at the reflection, the lion much to its own astonishment realizes who it really was; it was not a sheep, it was a mighty lion!

The young lion feels so thrilled that it lets out a mighty roar. The roar echoes from all corners of the jungle and frightens the living daylights out of all the sheep that were hiding behind the bushes to see what was happening. They all flee away. No longer will the sheep be able to make fun of the lion or even stand close to it for the lion had found its true nature and its true herd.

So, ***who are you?***

A lion?

A sheep?

A lion among a sheep?

A sheep among a lion?

A sheep among a sheep?

A lion among a lion?

The answer to **WHO ARE YOU?** begins the life long journey of knowing yourself.

1.1.1 WHAT IS SELF-AWARENESS?

Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection.



When you look outward, you understand how people view you. People who are aware of how people see them are more likely to be empathetic to people with different perspectives. Leaders whose self-perception matches others' perceptions are more likely to empower, include, and recognize others.

1.1.2 WHY IS SELF-AWARENESS IMPORTANT?

Self-awareness is a necessary building block of emotional intelligence; it is *the building block* upon which the rest of the components are built.

Self-Awareness is the first step towards Emotional Intelligence.

If you're looking to build your emotional intelligence, self-awareness is the first step. Make sure you have developed strong skills in self-awareness before giving the other elements your all.

“90% of people think they're self-aware.
In reality, Less than 10% actually are.”



1.1.3 TYPES OF SELF-AWARENESS:

Public self-awareness: It is being aware of how you can appear to others. Because of this consciousness, you are more likely to adhere to social norms and behave in ways that are socially acceptable.

When you are aware that you are being watched and evaluated, you often try to behave in ways that are socially acceptable and desirable.

Public self-awareness can also lead to evaluation anxiety in which people become distressed, anxious, or worried about how they are perceived by others.

Public Self-Awareness Examples

- You may experience public self-awareness in the workplace, when you're giving a big presentation.
- You may experience it when telling a story to a group of friends.

Private self-awareness: Being able to notice and reflect on one's internal state. Those who have private self-awareness are introspective, approaching their feelings and reactions with curiosity.

Private Self-Awareness Examples

- Seeing your face in the mirror is a type of private self-awareness.
- Feeling your stomach lurch when you realize you forgot to study for an important test
- Feeling your heart flutter when you see someone you are attracted to are also examples of private self-awareness.

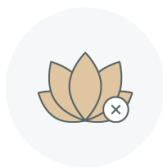
1.1.4 BENEFITS OF SELF AWARENESS

- It can make us more proactive, boost our acceptance, and encourage positive self-development.
-

- Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem.
- It leads to better decision.
- It can make us better at our jobs, better communicators in the workplace, and enhance our self-confidence and job-related wellbeing.

1.1.5 BARRIERS TO SELF-AWARENESS:

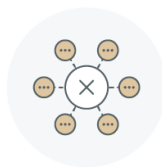
Barriers to Self-Awareness



Lack of
mindfulness



Cognitive
bias



Unwillingness to
seek feedback



Confirmation
bias



Remembering Self v
Experiencing Self

1.1.6 Ask yourself a few questions. Introspect and try to answer them.

1. What emotion do you go through most of the times?
2. What is your biggest fear?
3. What embarrasses you or makes you feel awkward?
4. What is the one value you believe in?
5. What is your favourite hobby?
6. What is your strongest emotion?
7. What is your weakest emotion?
8. What is your ambition?
9. What do you expect out of relationship with family and friends?
10. What is your reaction to changes in life?

1.1.7 HOW TO BE MORE SELF-AWARE?



Ask the “what” questions: Asking the “what question” puts us into the objective and open space of considering all the factors influencing a particular outcome. For example, instead of “Why don't I speak up at meetings?” we could ask:

- "What were the interpersonal dynamics in the room?"
- "What was I experiencing in my body at the time?"
- "What happened that caused me to go into my old story of not being good enough?"
- “What can I do to overcome my fear of speaking up?"

This kind of introspection allows us to look at behaviours and beliefs for what they are.

Ask others about their perception of you: Ask other people how they perceive you in certain situations. Getting specifics will help to give you the most concrete feedback.

Practice mindfulness: Mindfulness is a practice. It helps you be aware of what's going on in your mind, body, and environment. Meditation is one of a few practices that you can insert into your daily life, and practicing mindfulness is a wonderful tool for developing greater self-control.

Envision yourself: Visualize the best version of yourself. As you lean into your strengths to become the better version of yourself, you can use this idealized self to keep moving in the right direction and not be distracted by setbacks and other obstacles.

20 SELF-AWARENESS ACTIVITIES

Writing

1. Journaling
2. Letter to yourself
3. Write your obituary
4. Write personal manifesto
5. Story from the third person

Tests and Tasks

1. Self-awareness test
2. Strength-finding tests
3. Personality tests
4. Emotions chart
5. Eulerian Destiny

Involving Others

1. Talk it out with friends
2. Ask for feedback
3. Performance review
4. Compare adjectives with others
5. Accountability partner

Daily Habits

1. Three whys
2. Ask what questions
3. Daily reflection
4. ABC's Model
5. Body check

1.2 ACTIVITY

SELF ASSESSMENT

Who are YOU?

Test your self-awareness quotient here:

[Self Awareness Test | Higher Awareness](#)

1.3 LET US SUM UP:

- Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection.
- Self-awareness is the building block upon which the rest of the EI components are built.
- Public self-awareness is being aware of how you can appear to others.
- Private self-awareness is being able to notice and reflect on one's internal state.
- Ask What questions, practice mindfulness and envision yourself to become self-aware.

1.4 GLOSSARY:

- The term *distress* refers to suffering from extreme anxiety, sorrow, or pain.
- The term *introspective* refers to the examination or observation of one's own mental and emotional processes.
- The term *mindfulness* refers to a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
- The term *cognitive bias* refers to systematic error in thinking that occurs when people are processing and interpreting information in the world around them and affects the decisions and judgments that they make.
- The term *journaling* refers to writing in a journal or diary.
- The term *obituary* refers to a notice of a death, especially in a newspaper, typically including a brief biography of the deceased person.
- The term *personal manifesto* refers to a declaration of your core values and beliefs, what you stand for, and how you intend to live your life.
- The term *Eulerian destiny* refers to a way to determine what you should be doing with your life using information you already have, or have experienced.
- The term *accountability* refers to the condition of being responsible.

1.5 SUGGESTED READINGS:

1.5.1 Courtesy:

- Google Images
- <https://positivepsychology.com/self-awareness-matters-how-you-can-be-more-self-aware/#ei>
- <https://www.verywellmind.com/what-is-self-awareness-2795023>

1.5.2 Reference:

- Emotional Intelligence, Bantam, 1997.
- Social Intelligence: The New Science of Human Relationships, 2007.
- Self-Awareness (HBR Emotional Intelligence Series), Harvard Business Review Press, 2018.
- <https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>
- <https://www.betterup.com/blog/what-is-self-awareness>

1.5.3 Video Links:

- <https://youtu.be/D9OOXCu5XMg>
- <https://youtu.be/R9qVa4LoJx8>
- <https://www.youtube.com/watch?v=tGdsOXZpyWE>