WHO/WHAT DEFINES ME?

Self-Awareness Exercise 1

For each item below, write down answers to the particular question asked (the number of rows for each item indicates how many answers you are asked to give. Determine where to write your answer and do so on the column which you think your answers fall under: INTERNAL, BOTH, EXTERNAL. An example is given below as your guide.

	INTERNAL	both	EXTERNAL
1. What I spend my time with.		paid work	
			Supervising child's studies
	Watch movies		
	Clean my room		
		Bonding with family	
2. Top 5 where I spend money for	1 food		
		1 going out with friends	
			1 utilities
	1 electronic		
			1 transportation
3. My food choice	1 non soy-based food		
4. college course		1 BS Computer Science	
5. Dominant emotional states	1 Boredom		
			1 anxiety
		1 happiness	
6. Entertainment		1 chat with friends	
7. Clothes I wear	1 home clothes		
8. Places I most frequently spend time in	1 bed		
		1 school	
		1 church	
9. Amount of rest time			1 5-6 hrs a day
10. First things you do upon waking up		1 check communication channels	
TOTAL	6	7	4

Most of my results fall under the "both" category, indicating that I often merge myself with others' expectations. While the "external" category has the fewest entries, it is somewhat concerning since it contains most of the negative aspects.