

Self-Awareness

Self-awareness is your ability to perceive and understand the things that make you who you are as an individual, including your personality, actions, values, beliefs, emotions, and thoughts. Essentially, it is a psychological state in which the self becomes the focus of attention.

Two states of self-awareness

There are two distinct kinds of self-awareness, public and private.

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

While there are benefits to this type of awareness, there is also the danger of tipping into self-consciousness. Those who are especially high in this trait may spend too much time worrying about what others think of them.

Private self-awareness: Noticing and reflecting on one's internal state. Those who have private self-awareness are introspective, and curious about their feelings and reactions.

Benefits of developing self-awareness:

- ✓ Being better able to manage and regulate your emotions
- ✓ Better communication
- ✓ Better decision-making skills
- ✓ Improved relationships
- ✓ Higher levels of happiness
- ✓ More confidence
- ✓ Better job satisfaction
- ✓ Better leadership skills
- ✓ Better overall perspective
- ✓ More likely to make better choices

Examples of developing self-awareness:

- ✓ Be curious about who you are. How far you will go on your journey to understand yourself depends on what you are ready to explore and experience.
- ✓ Let your walls down. Try to let go of any judgment and the instinctual urge to protect yourself. Through a willingness and openness to yourself, you

can let go of your defenses, thereby seeing yourself in different ways than what you have always assumed.

- ✓ Keep a journal and note what triggers positive feelings. This is also good practice for becoming mindful.
- ✓ Go ahead, and ask others how they see you. Be brave enough to receive feedback about yourself in various situations.
- ✓ If you are upset with someone, take a third-person perspective. Often their experience will likely be different from yours. It is common for us to believe others will frame their situation in the same way as yours, but this is not often the case. We all come with various degrees of experience and perspectives. Drop your defenses, ask others where they are, and be willing to receive feedback. This will also lend insight into your awareness of yourself.
- ✓ Keep checking in with yourself. Clinically, the most effective method for self-awareness is to pause and do a brief check to where you are at this moment. How are you feeling right now? What is driving this feeling?
- ✓ Remain open to continuous learning. Each experience will reveal things about yourself.
- ✓ Ask yourself how is what I am learning serving me. What else do I need and what needs to happen for me to obtain this?

How to become a more self-aware person?

Envision yourself

Ask the “what” questions

Strengthen your brain

Ask others about their perception of you

Keep a journal

Practice mindfulness

Conclusion:

The road to self-awareness is a journey. The most self-aware people see themselves on a quest to mastery rather than at a particular destination. As you move forward in developing your self-awareness, ask yourself regularly, “How will you move toward the best version of yourself today?”

References:

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