



# Self-awareness

## Definition

Self-awareness is the process of getting to know oneself, including understanding our emotions, thoughts, values, strengths, weaknesses, and motivations. It is an essential foundation for making conscious decisions and living authentically.

## How does it affect teenagers

Self-awareness is the process of getting to know oneself, including understanding our emotions, thoughts, values, strengths, weaknesses, and motivations. It is an essential foundation for making conscious decisions and living authentically. Key Aspects of Self-Awareness:

**1.Emotional:** Understanding our emotions and how they affect us, which helps us manage them better.

**2.Cognitive:** Recognizing how we think, which allows us to identify beliefs and thought patterns that influence our actions.

**3.Values and Beliefs:** Understanding what we truly value and believe helps us live in alignment with our principles and make more consistent decisions-

**4.Strengths and Weaknesses:** Identifying our skills and areas for improvement helps us grow and face challenges more effectively.

**5.Motivation:** Knowing what drives us allows us to focus our efforts on meaningful goals. Why is Self-Awareness Important?

- It improves decision-making.
- It facilitates emotional regulation.
- It boosts confidence and self-esteem.
- It allows us to set clear and achievable goals.





## Self-awareness and social inclusion

How Self-awareness affects social inclusion:

1. Better understanding of others.
2. When individuals are aware of their own emotions, biases, and perspectives, they are more likely to empathize with others, fostering inclusivity in social settings.
3. Improved Social Interactions.
4. Self-aware people are more conscious of how their behavior affects others. This awareness helps avoid actions or words that might unintentionally exclude others, promoting positive and inclusive relationships.
5. Acceptance of Diversity.
6. Self-awareness allows individuals to recognize and appreciate the differences in others. By understanding their own identity, they are more open to diverse viewpoints and backgrounds.



### How to tackle it?

1. Encourage Self-Reflection:

- Set aside time for individuals (especially teenagers) to reflect on their thoughts, feelings and behaviors.
- Regular self-reflection helps people identify their emotional triggers and recognize patterns in their actions, making them more aware of how they react in different situations.

2. Promote Emotional Intelligence (EQ):

- Teach techniques for recognizing and labeling emotions. Understanding the “why” behind feelings leads to better regulation.
- Activities like role-playing or self-discussing different emotional scenarios can enhance emotional awareness.



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## Warm up questions

- How do you usually feel when you're in a new or unfamiliar situation?
- What helps you manage those feelings?
- What does being part of a group or team feel like to you?
- Can you think of a time when you felt truly included?



## Questions for discussion

- How does being self-aware help you in everyday life?
- Explore the impact of self-awareness on decision-making, relationships, and personal growth.)

## Find out more

-PositivePsychology.com – 9 Best Self-Awareness Activities & Tools by Kelly Miller, BA, CAPP  
Scientifically reviewed by Tiffany Sauber Millacci, Ph.D. This article offers practical exercises like journaling, mindfulness, and feedback techniques to help you build self-awareness. It's a great hands-on starting point.

-Verywell Mind – Self-Awareness: Development, Types, and How to Improve Yours, By Kendra Cherry, MEd. A comprehensive guide that breaks down the psychology behind self-awareness, how it develops, and actionable ways to enhance it.

-Psychology Today – Building Self-Awareness: Why It's More Than Looking Inward This piece explores both internal and external self-awareness and introduces Dr. Tasha Eurich's framework, which includes four self-awareness archetypes.





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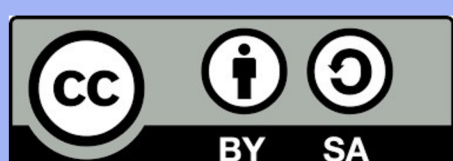
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