

Steps to Build and Use Self-Awareness

Answer the following questions, and use the provided guidance to build and use self-awareness.

Where in my body do feelings show up?

What does it feel like?

Feeling words (try not to use *sad*, *mad*, *happy*, or *scared*):

You can just stop here for a while if you need to. There is no need to rush to a response right away. *When you are ready*, pick one of the responses on the following pages.

Lean Into the Good Stuff

Complete the following steps.

- Take a moment to enjoy.
- Talk about it so others can share.
- Go back and think about it when you need a lift sometime.

Complete the Stress Response Cycle

Completing the stress response cycle requires letting go of the things that don't serve you well. Use the following list of ideas to help you answer the prompt, *What works for me?*

- Take long, slow, deep breaths.
- Take a step outside.
- Move my body.
- Engage in compassionate self-talk ("I am OK. I am safe. Stay curious").
- Drink water.
- Make a social connection (even something as simple as smiling at someone as you walk down the hall can help).

Do Some Problem Solving

To begin, ask yourself: "Am I in a problem-solving emotional state right now?" If not, wait or go back and complete the stress response cycle. Next, answer the following questions.

What are my assumptions?

What is my intention?

Examples

I noticed that when _____ happened, I started feeling _____, and I started to jump ahead and make assumptions that may or may not be accurate. I wanted to check things out with you.

How were you feeling? What was happening for you?
