

# HANDOUT

## MODULE 2

### BECOMING MY BEST SELF: SELF-AWARENESS

#### Why is Self-Awareness Important?

Self-awareness increases our ability to accurately recognize our own emotions, thoughts, and values and how they influence our behaviour. It also promotes the assessment of one's strengths and weaknesses, with a well-grounded sense of confidence, optimism, and a growth mindset.

Self-awareness can be explored at an **interpersonal** and **intrapersonal** level.

#### Interpersonal

- Takes place between you and others
- It is the awareness of others' feelings, needs, and concerns

#### Intrapersonal

- Takes place within yourself
- It is the awareness of one's own mental and emotional processes

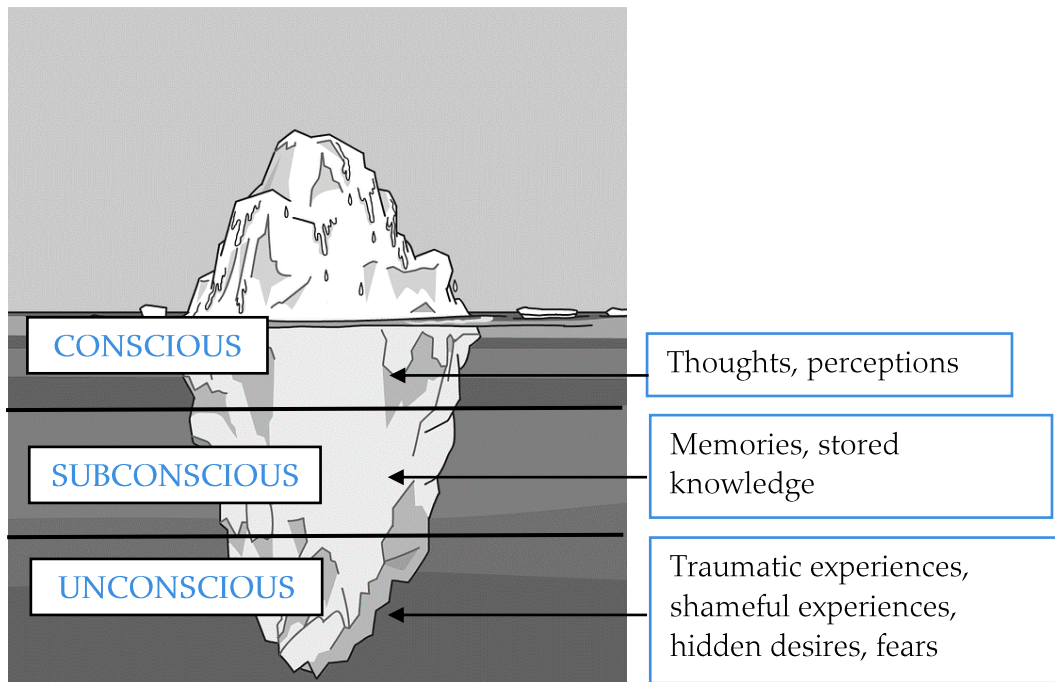
#### What is the Iceberg Theory?

Sigmund Freud, the founder of psychoanalysis, used the analogy of an iceberg to describe the three levels of the mind to explain the features of the mind's structure and function.

The iceberg theory describes three levels of consciousness:



- Conscious:** Mental thoughts, perceptions, and processes that we are aware of.
- Subconscious:** Thoughts and feelings a person is not currently aware of, but can be easily brought to consciousness.
- Unconscious:** Mental processes which are inaccessible to consciousness, but influence thoughts, feelings, and behaviour.



## Self-Awareness Strategies

Below are several examples of methods to increase self-awareness that can be incorporated into daily life/activities.



### 1. Self-reflection

Self-reflection is a method in which you observe and analyse yourself in order to grow as a person. This allows you to expand your understanding of who you are, your values, as well as your responses to certain events. By reflecting on who you are and who you would like to become, you can identify what you need to work on to improve yourself.

### 2. Journaling

Keeping a journal or diary allows you to explore thoughts and feelings arising from your everyday experiences. By doing so, you will get to know yourself on a deeper level and explore feelings that you may usually ignore, or not be aware of.

### 3. Improving the mind-body connection

Our thoughts, feelings, and attitudes can have a positive or negative effect on our biological functioning. This means that our minds can influence how healthy our bodies are, but what we do with our physical bodies can also have an effect on our mental state. For example, thinking about a stressful experience can lead to a painful muscle cramp or stomach-ache. This is why it is important to be aware of our mind-body connection and use it to practice a healthier lifestyle. A simple way to do this is by expressing positive emotions within yourself like love, joy, and gratitude.

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