

SCRIPT OF A BRIEF EXPLANATION ABOUT SELF-AWARENESS

LEARNING HOW TO BECOME MORE SELF-AWARE

Self-awareness is considered to be the foundation upon which emotional intelligence can most easily be built. As simple to define as the term, *self-awareness* implies, recognizing the true appropriateness of our feelings, thoughts, and behavior requires a rather complex investigative process— specifically, observing ourselves in a more sophisticated manner than we would normally consider.

Since self-awareness is the foundation of emotional intelligence, the most important first step toward improving our EQ is to participate in activities that increase our self-awareness.

Participating in self-awareness activities helps us define information we must learn about ourselves for guiding our emotions more intelligently, as well as practice self-monitoring.

Collecting data in a way that provides a broader psychological perspective requires a formulated measuring process. Although rarely considered personally, such a process is required in literally every profession imaginable in one form or another.

ONE OF THE MOST INTERESTING ASPECTS OF SELF-AWARENESS IS THAT A FEW MONTHS OF PERSONAL INVESTIGATION MAY REVEAL AN UNDERSTANDING THAT EXCEEDS WHAT YOU MIGHT NOT DISCOVER OVER THE SPAN OF A LIFETIME!

The self-monitoring process necessary for increasing our self-awareness might compare to the bookkeeping direction necessary in assessing a business's financial picture. So too, without knowing what details to measure and how to assess them appropriately, determining an accurate level of self-awareness might be akin to quantifying a company's financial statement without knowing how to identify and structure the details involved.

We could consider the importance of self-monitoring similar to the critical necessity of our computer's SECURITY software. We must monitor ourselves with a certain degree of concern for screening and blocking out inappropriate feelings, thoughts, or behavior.

Learning to become more self-aware improves our chances to recognize nature's ill influence on our minds. To accept healthier, smarter, and wiser reasoning options— also requires us to be painfully honest with ourselves and to struggle, occasionally, if we are to avoid natural emotional reactions.

Monitoring ourselves effectively, thus, depends on our being educated about what constitutes emotional intelligence and inappropriate behavior. Again, similar to having the vital information programmed into our computer's security software, the more we understand about our emotions, the better our mind is able to identify, qualify, and reduce nature's influence.

Getting to know ourselves better includes observing our strengths and weaknesses, objectively, as we more distinctly scrutinize ourselves. Although a difficult task without specific guidance, observing our strengths and weaknesses objectively builds clearer understanding of our mind's operation.

Even though our strengths and weaknesses comprise our most distinguishing characteristics, few of them are as naturally self-evident or as memorable as we might think—especially our ineptitudes.

The strategic importance of self-awareness is not a new concept. The term implies “knowing thyself,” an idea that has survived for centuries. Philosophers have stressed “knowing thyself” as crucial to living a wholesome life, yet how many, over the centuries, do you think honestly achieved such success?

PERHAPS THE BARRIER TO ACHIEVING RESULTS IN THE PAST STEMS FROM OUR INABILITY TO LEARN HOW TO GET TO KNOW OURSELVES BETTER.

Truly, it is far easier to get to know others than ourselves. Yet, self-awareness has a profound influence on how meaningfully we affect other people and the environment around us. One of the ways “knowing thyself” is helpful is that such understanding can reduce over-dramatizing potent or hostile feelings. The mind can too easily exaggerate frustration, sadness, fearfulness, or even excitement.

Granted, in some circumstances these feelings may be justified, but because the mind has a natural tendency to become over-exhilarated, these emotions can often promote inappropriate or even harmful reactions.

The way nature allows us to over-dramatize our feelings can, physically, make a minor cut seem much more serious than it really is. When we understand this similarity to emotions, we have a much better chance of calming the mind when such feelings emerge. It's important to remember that when strong anxious feelings begin to arise inside, it's best to analyze, rather than verbalize.

In 2001, a movie based on a true story, *The Beautiful Mind*, revealed that learning to become more self-aware can even help a person recognize symptoms of serious mental problems. This movie was based upon the life of John Nash, a Nobel Laureate in Economics, who by observing his own behavior was able to recognize that he was suffering from *illusions* caused by mental illness.

IN CONCLUSION, the next section of our program will provide specific guidance to help you become more self-aware. Stay with us to learn meaningful and revealing questions to ask yourself, as well as how to listen to your self-talk to reveal problems. By becoming more conscientious during common daily activities, you will learn what self-awareness requires of you.

However, actually changing inappropriate behavior involves, as mentioned earlier, being brutally honest with ourselves and accepting to react with better judgment, no matter how convincingly our emotions suggest otherwise.

I'd like to remind you that trying to better understand your mind, especially emotionally, is an ambitious and honorable initiative— and also a most valuable one!

Learning to monitor our thoughts and actions is a psychologically smart thing to do. Developing such awareness within the mind's complex dimension isn't something human nature naturally teaches us to do. Self-monitoring is extremely difficult to learn to do well without step-by-step instructions. And it takes more time than most of us would accept applying, without knowing the value ahead of time.

In the balance of this program, you will explore a number of activities that offer interesting and effective channels for increasing self-awareness. I thank you for listening.