



Behavioral Word Study

Self-Awareness

Studying about self-awareness is important if we are to really get to know ourselves well. To become aware of destructive ineptitudes, we must be knowledgeable about the symptoms or have actually suffered consequences. With enough understanding, we learn to monitor our own thoughts and behavior from an educated standpoint. In some cases, to eliminate serious ineptitudes, professional counseling may be needed. This supplement is meant to share information about self-awareness that will inspire you to improve. Brainstorm to add other factors on the blank lines during discussion, and later test your understanding by filling in as much as you can of a Blank Word Study.

HOW WE IMPROVE

- | | | | |
|---|---|--|--|
| <input type="radio"/> Ask revealing questions | <input type="radio"/> Learn about qualities | <input type="radio"/> Study EQ lessons | <input type="radio"/> Recognize self-deception |
| <input type="radio"/> Demand self-honesty | <input type="radio"/> Track/note bloopers | <input type="radio"/> Grasp EQ knowledge | <input type="radio"/> Practice self-monitoring |
| <input type="radio"/> Coaching guidance | <input type="radio"/> Memorize EQ skills | <input type="radio"/> Devote more time | <input type="radio"/> Spiritual guidance |
| <input type="radio"/> Learn how to monitor | <input type="radio"/> Understand dysfunctions | <input type="radio"/> Test EQ skills | <input type="radio"/> Apply serious effort |
| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |

WHY WE DO IMPROVE

- | | |
|--|---|
| <input type="radio"/> Life crisis experience | <input type="radio"/> Other's encouragement |
| <input type="radio"/> Realize the need | <input type="radio"/> Employment problems |
| <input type="radio"/> Major stresses | <input type="radio"/> Friendships awkward |
| <input type="radio"/> Relationship problems | <input type="radio"/> Learn awareness value |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

WHY WE DON'T IMPROVE

- | | |
|---|--|
| <input type="radio"/> Animosity toward EI | <input type="radio"/> Too many other tasks |
| <input type="radio"/> No interest in EI | <input type="radio"/> Few training resources |
| <input type="radio"/> Believe have high EQ | <input type="radio"/> Lack motivation |
| <input type="radio"/> Too habitually driven | <input type="radio"/> Other's discouragement |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

RESULTS WHEN DO IMPROVE

- | | |
|--|---|
| <input type="radio"/> Reduces natural urges | <input type="radio"/> Reduces ineptitudes |
| <input type="radio"/> Improves relationships | <input type="radio"/> Increases employability |
| <input type="radio"/> Reduces stress | <input type="radio"/> Increases maturity |
| <input type="radio"/> Improves EQ skills | <input type="radio"/> Incredible health value |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

RESULTS WHEN DON'T IMPROVE

- | | |
|---|--|
| <input type="radio"/> Continual ineptitudes | <input type="radio"/> Employability problems |
| <input type="radio"/> Increased stress | <input type="radio"/> Bother others easily |
| <input type="radio"/> Increased bad habits | <input type="radio"/> Limited social skills |
| <input type="radio"/> Continual immaturity | <input type="radio"/> More relationship issues |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |