



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

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

WHY WE DO IMPROVE

- | | |
|--|---|
| ☐ Life crisis experience | ☐ Other's encouragement |
| ☐ Realize the need | ☐ Employment problems |
| ☐ Major stresses | ☐ Friendships awkward |
| ☐ Relationship problems | ☐ Learn awareness value |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

WHY WE DON'T IMPROVE

- | | |
|---|--|
| ☐ Animosity toward EI | ☐ Too many other tasks |
| ☐ No interest in EI | ☐ Few training resources |
| ☐ Believe have high EQ | ☐ Lack motivation |
| ☐ Too habitually driven | ☐ Other's discouragement |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

RESULTS WHEN DO IMPROVE

- | | |
|--|---|
| ☐ Reduces natural urges | ☐ Reduces ineptitudes |
| ☐ Improves relationships | ☐ Increases employability |
| ☐ Reduces stress | ☐ Increases maturity |
| ☐ Improves EQ skills | ☐ Incredible health value |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

RESULTS WHEN DON'T IMPROVE

- | | |
|---|--|
| ☐ Continual ineptitudes | ☐ Employability problems |
| ☐ Increased stress | ☐ Bother others easily |
| ☐ Increased bad habits | ☐ Limited social skills |
| ☐ Continual immaturity | ☐ More relationship issues |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |