



## JUST FACTS

### *Growth and Wellness*



**"It is only when you understand and accept yourself that you can begin moving forward in the other areas of your life"**

**~Brian Tracy**

It all begins with awareness. Awareness is the first step in the growth process. **Self-awareness** includes recognition of our personality, our strengths and weaknesses, our likes and dislikes. As we grow in self awareness, we will better understand why we feel what we feel and why we behave as we behave. This understanding then gives us the opportunity and freedom to change those things we would like to change about ourselves and create the life we want. Without fully knowing who we are change become impossible.

When we know who we are, we are faced with the choice of changing or remaining the same. Some people are not prepared to face the truth about themselves. For example, a student may use his perceived self-image as a fun-loving person as an excuse for doing poorly in his school grades. In reality, he is procrastinating, putting off doing his homework or studying.

Self-awareness requires honesty and courage ... to get in touch with what we are thinking and feeling and to face the truth about ourselves. Otherwise, we'll continue to get "caught up" in our own internal dramas and false beliefs, allowing unknown thought processes to determine our feelings and actions. Inaccurate self-assessment generally results in strong feeling of inadequacy.

Developing self-awareness helps us to recognise when we are stressed or under pressure or in a situation which is a bad fit for us. It is a prerequisite for effective communication and interpersonal relations.

### Some steps to gaining self-awareness

- ✚ Talk to family and other people whose opinions we trust and consider their feedback.
- ✚ Make a list of our strengths and weaknesses.
- ✚ Start recognising different 'parts of yourself': we are made up of many different feelings, thoughts and behaviours depending upon the situation. Also it can be valuable to reflect, or think about our response after a situation.
- ✚ It can be useful if we can put ourselves in another person's shoes and try to look at what is happening from their point of view. This can help us try to understand how the other person might be perceiving something, and help us when we communicate with them.
- ✚ Think about body language and those other subtle messages we send and pick up. If we are with someone, what are we communicating by our facial expression, posture and attitude.

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***We, staff and volunteers,  
of CLM take this  
opportunity to wish you a  
Blessed Christmas and a  
Happy New Year!***