

LOOK AT YOU

Become self-aware — get to know yourself

Materials: Worksheets, knowing me templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

When your special person is returning, it's important to realize you both have changed.

But how have you changed?

To understand how you've changed, look at yourself. Become self-aware.

What does it mean to become self-aware? It means tuning into your feelings and learning why you behave in certain ways.

Self-awareness is a life skill you can use over and over again. By being self-aware, you can begin to understand the reasons behind your actions. And by realizing why you do something, you begin to understand why others act the way they do.

It's important to share things about yourself. Let's answer some questions and learn more about who we are.

ACTIVITY INSTRUCTIONS

- 1 Answer the eight questions on your knowing me template. You'll have 10 minutes to write.

(Set the timer for 10 minutes.)
- 2 When the timer sounds, we'll go around the room. If you feel comfortable, share some of your insights about yourself.
- 3 When you go home, you can share the things you know about yourself with your special person.



KNOWING ME: BECOMING SELF-AWARE

1. When you're interested in something, you're curious about it. Write something that interests you.

2. When you're excited about something, it's all you think about. Write something that excites you.

3. When you're enjoying yourself, you feel good. Write something you enjoy.

4. When you're surprised, you get caught off guard. Write something that surprises you.

5. When you're in pain, you feel sad and may cry. Write something that's painful to you.

6. When you're afraid, you're worried and anxious. Write something that frightens you.

7. When you're angry, you have strong emotions and feelings. Write something that makes you angry.

8. When you're ashamed, you want to run and hide. Write something that makes you ashamed.
