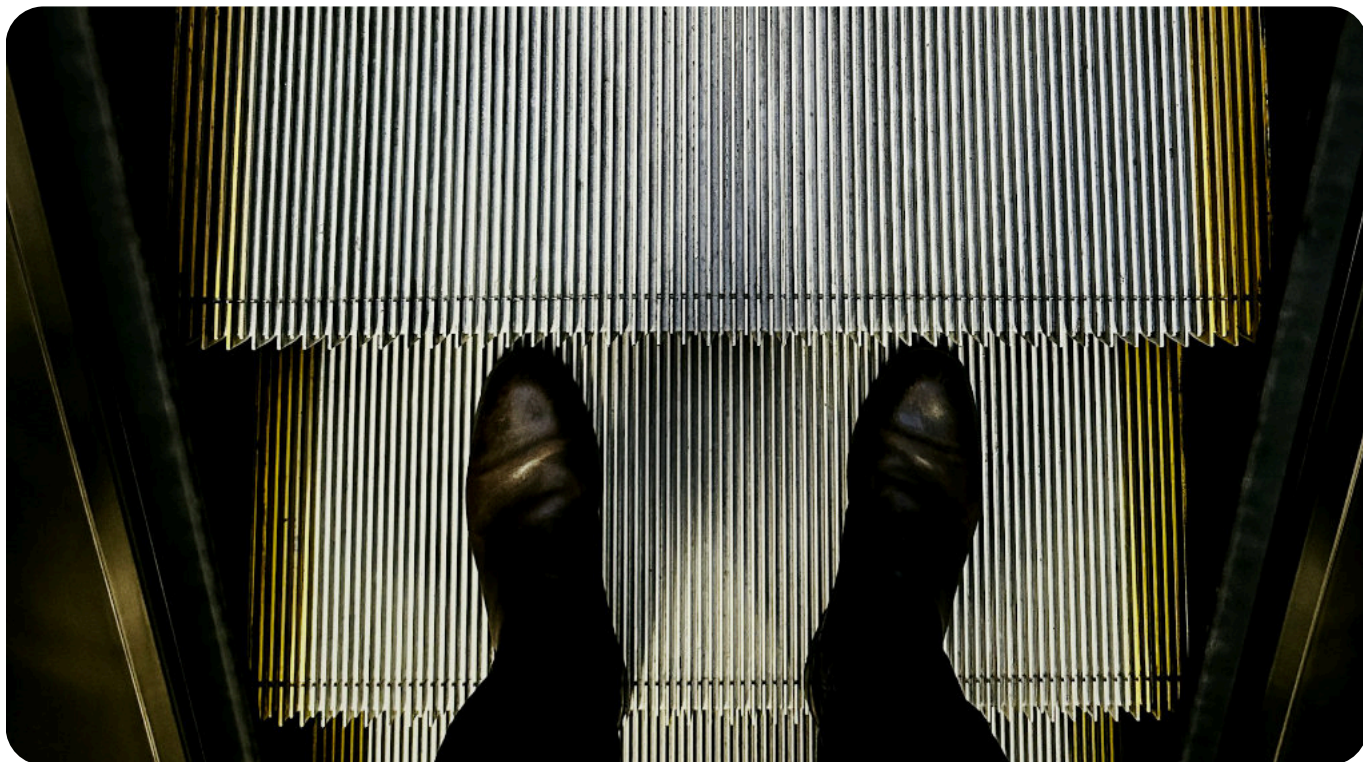




Reflection:

The Power of Seeing Yourself Clearly



From the podcast:

The Human Story

S1 E3 - 16/07/2025

Self-Awareness- The Inside View

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"Self-awareness isn't a superpower ... it's our power."

1. What is self-awareness—for you?

Take a moment and reflect:

- When do you feel most like your authentic self?
- Where in your life do you feel disconnected from yourself?
- What parts of you feel most integrated... and what parts feel hidden?



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Disclaimer: This content is for informational purposes only and is not medical or therapeutic advice. Please consult a qualified healthcare professional for personal concerns.

Journal:

2. Awareness vs Self-Awareness

Awareness notices what is happening.
Self-awareness asks why.

Think about a recent emotional reaction:

- What happened?
- What emotion surfaced?
- What was happening beneath that emotion?
- Did it touch a fear, insecurity, wound, or unmet need?

Journal:

3. Spotting Blind Spots

Often the people closest to us see what we can't.

Reflect:

- Has someone ever lovingly pointed out something about you that was difficult to hear?
- How did you initially respond?
- What truth might have been hidden in their feedback?

Journal:

4. The Pause Practice

Self-aware people create space before reacting.

This week, before responding in a tense moment, pause and ask:

- ☐ What am I feeling right now?
- ☐ Where do I feel it in my body?
- ☐ Am I reacting... or responding?
- ☐ What needs my attention right now?

My biggest trigger right now is:

What usually happens in my body first?

5. Self-Awareness and Relationships

Going inward should help us expand outward.

Reflect:

- Do people feel safe around me?
- Do I listen to understand... or to defend?
- How do I affect the emotional climate of my home, work, or friendships?

Journal:

6. Rituals That Ground Me

Self-awareness grows through simple daily rituals.

What helps you feel grounded?

- ☐ Morning coffee in silence
- ☐ Prayer / meditation
- ☐ Exercise
- ☐ Breathwork
- ☐ Journaling
- ☐ Nature
- ☐ Music
- ☐ Quiet time
- ☐ Other: _____

My daily grounding ritual will be:

When will I practice it?



7. Who Mirrors Me?

Growth requires honest, safe relationships.

Who are the people in your life who lovingly reflect truth back to you?

Who do I need to listen to more deeply?

Final Reflection

Complete this sentence:

“If I became 10% more self-aware, the people around me would experience me as...”

This Week's Practice:

Every day, pause for 2 minutes and ask:

“What am I feeling?”

“What do I need?”

“How do I want to show up?”

Continue the Journey.

The Human Story is a space for honest conversations about being human exploring psychology, spirituality, relationships, healing, and growth.

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