

Self-Awareness



- Who are you?



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Self-Awareness

It includes recognition of

- ✓ *'self',*
- ✓ *our character,*
- ✓ *our strengths and*
- ✓ *weaknesses,*
- ✓ *desires and dislikes.*



Developing self-awareness can help us to recognize when we are stressed or feel under pressure

Meaning



Self-awareness is the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals.

Definition

Self-awareness is “A Psychological State in which one takes oneself as an object of attention.” - (Franzoi, 1996)

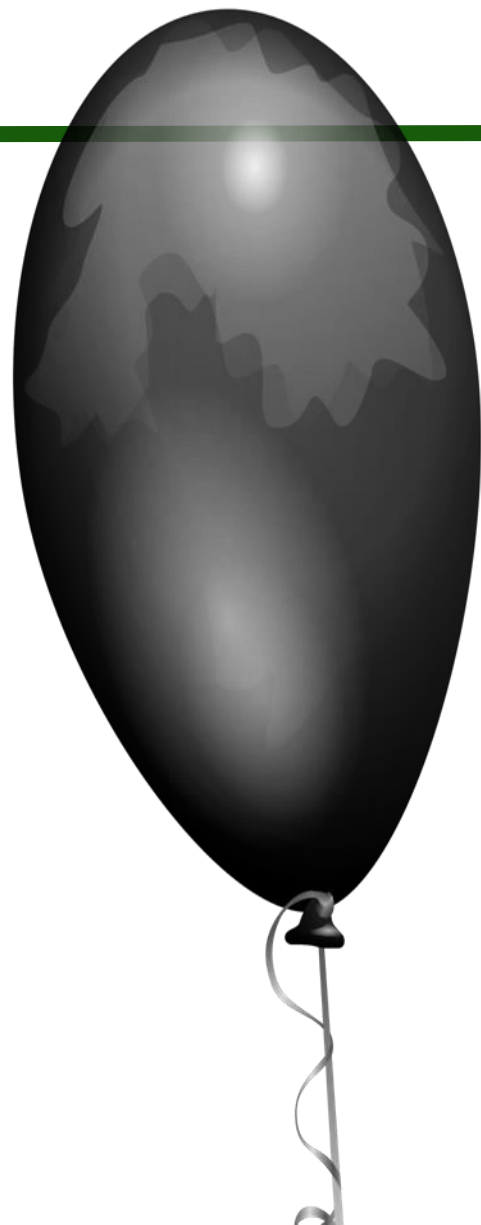
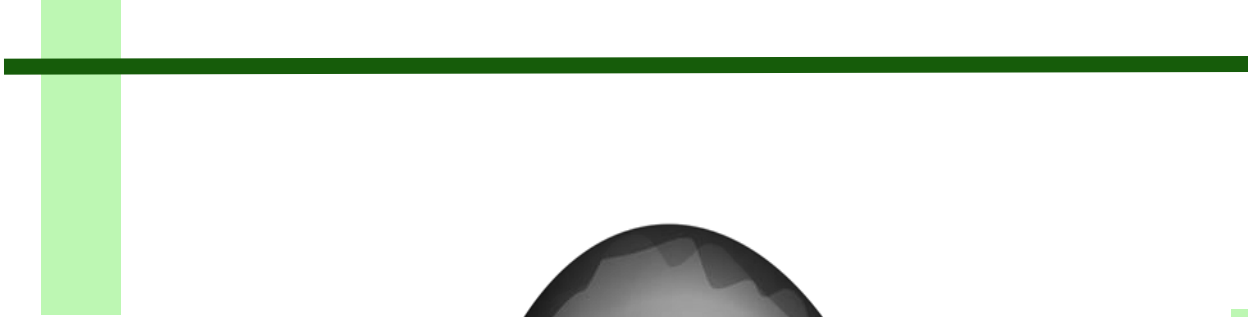
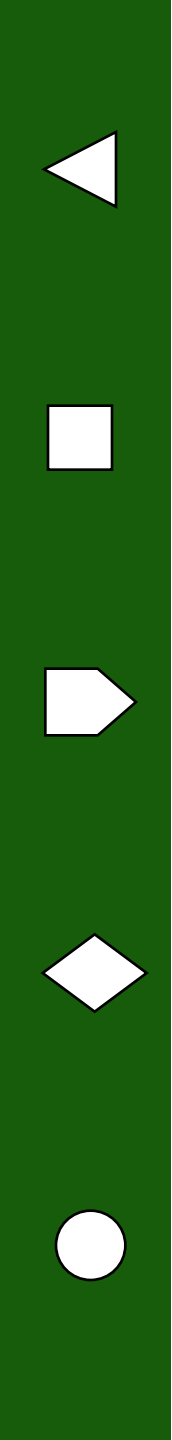




Story of black balloon





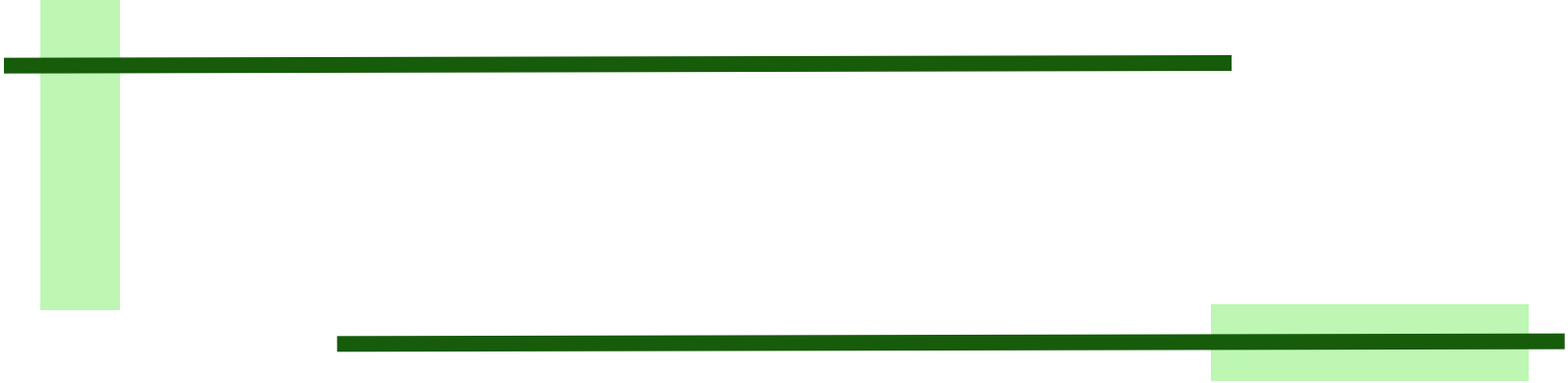


BORN

TO

WIN





Your born to be a creator;

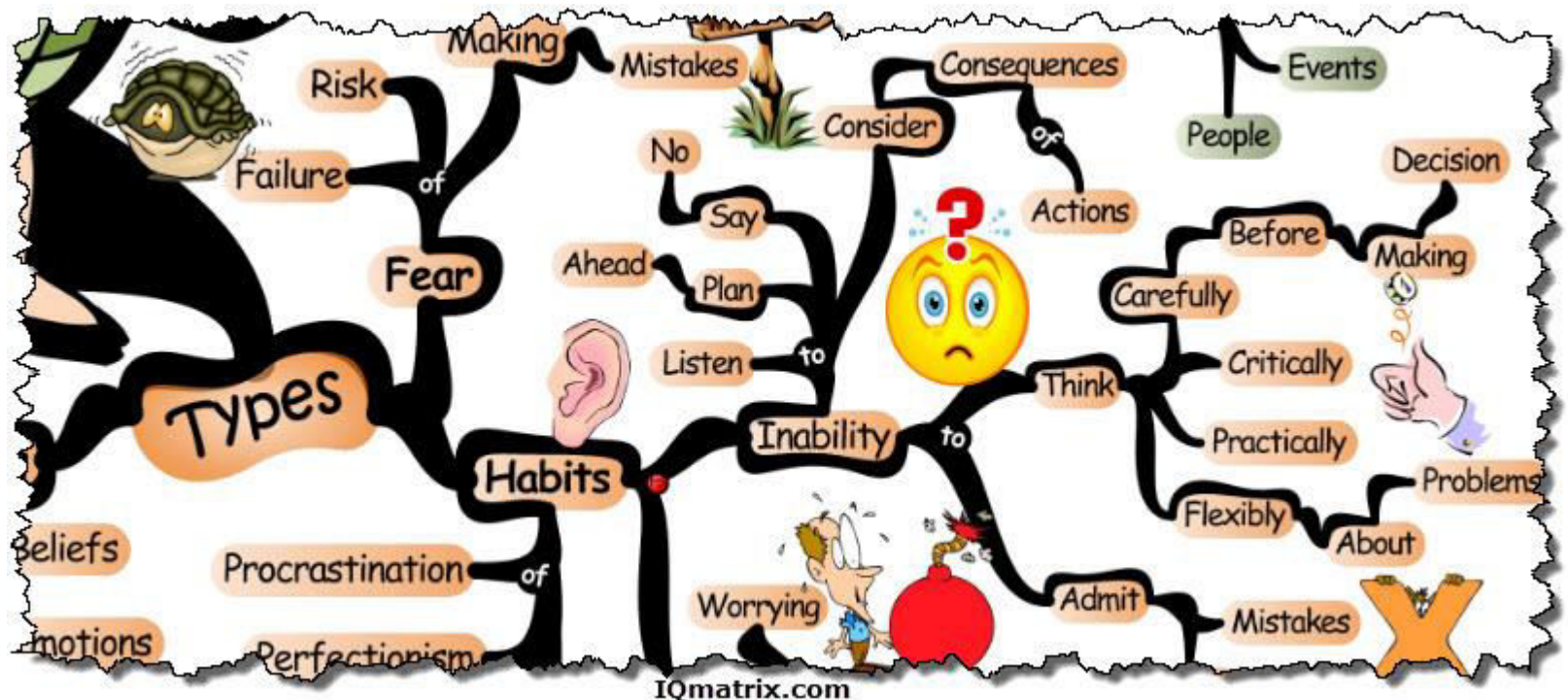
don't be a creature

– Maxwell

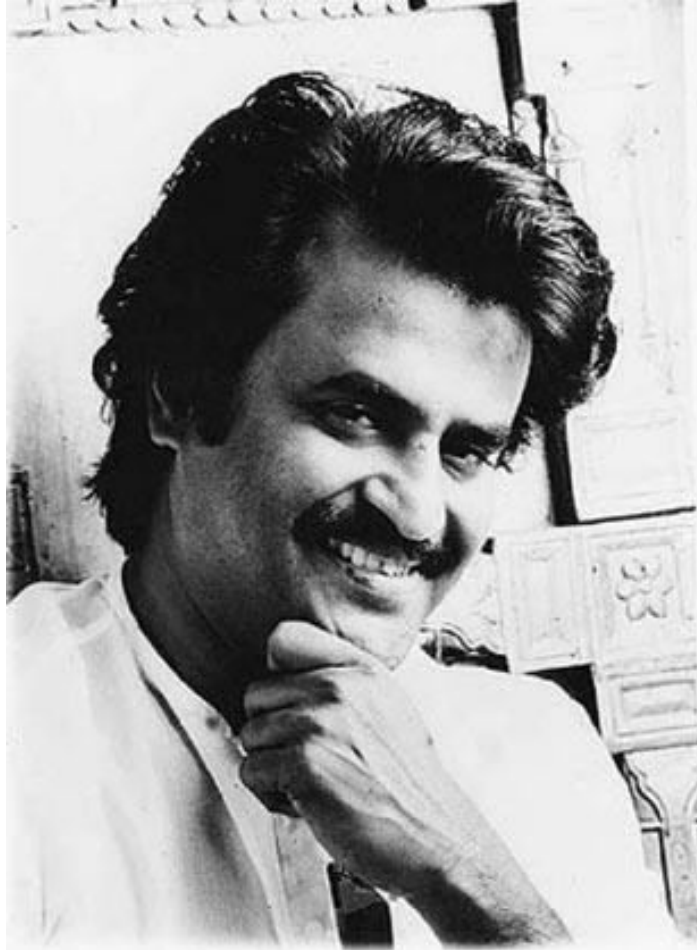
Types of Self-Awareness

Public Self-Awareness

Private Self-Awareness



Public Self-Awareness



- ☑ This type emerges when people are aware of *how they appear to others*.
- ☑ Public self-awareness often emerges in situations when people are at the *centre of attention*.
E.g., such as when giving a presentation or talking to a group of friends.



Private Self-Awareness

↪ This type happens when people become **aware of some aspects of themselves**, but only in a private way.

For example, seeing your face in the mirror, stomach lurch when you realize you forgot to study, someone you are attracted.



Levels of Self-awareness

- *Basic Self-Awareness*
- *Advanced Self-Awareness*
- *Inner Healing*



Basic Self-Awareness

Basic self-awareness skills develop quite quickly during your *first hands-on practice sessions.*



Advanced Self-Awareness

In this you identify some of your own
inner protector and inner selves as
pairs.



Inner Healing

This stage happens when we are willing to *intentionally make changes* for the benefit of others.



Activity



SWOT ANALYSIS





Strategies

- ☑ Be aware of Personal Strengths
- ☑ Confidence
- ☑ Achievement and Accomplishments
- ☑ Use Positive Self-talk and avoid negative Self-talk

Strategies to Develop Self Awareness

- ☑ Controlling Anger
- ☑ Identify your Sensitive Line
- ☑ Identify your Values and those of others
- ☑ The Observer & The Observed

This Video Can Change Your Life

