

Increase Self-Awareness

INSTRUCTIONS: People react to different situations in different ways which can give clues to increase self-awareness. Complete the following sentences. Think about the reasons that would make you react this way.

1. Nothing makes me more angry than _____
2. What people like most about me is _____
3. I feel bad when _____
4. I like to have my picture taken when _____
5. People think of me as _____
6. What gets me in trouble is _____
7. When people tell me what to do, I _____
8. I am really happy when _____
9. I just cannot _____
10. I get nervous when _____
11. I get really frightened when _____
12. I like _____
13. I wish _____
14. I really worry about _____
15. My best friend is _____
16. My biggest goal in life is _____
17. I really like to _____
18. If I could be an animal I would like to be _____
19. When I have some free time, I really like to _____
20. I wish my friends would _____
21. I wish my parents would _____
22. I am really sad when _____
23. I dream of _____