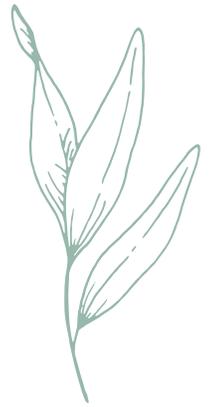




Self Awareness



Building Self-Awareness

Recognizing Emotional Triggers:

- Notice physical changes, thought patterns, recurring situations.

Journaling Prompts:

- What am I feeling?
- What just happened?
- What am I making this mean?

Pause and Ask Method:

- What about this is hard for me?
- What am I believing right now?

From Judgment to Curiosity:

- Replace 'Why am I like this?' with 'What am I needing right now?'

Shifting Inner Narratives:

- Identify core beliefs
- Challenge with counter-evidence and compassion
- Practice replacement thoughts intentionally

For more help go to aliciahallcoaching.com