

COMMON THREAD CHURCH SELF-AWARENESS WORKSHEET

This worksheet is a tool designed to help you transform your life through increased self-awareness. Being explicitly aware of your underlying beliefs, temperament, triggers and default reactions provides you a better chance of choosing your responses. Self awareness is imperative to healing yourself, resolving conflict with others, and healing the world.

"We are given more than enough energy to transform ourselves every day, but we waste 98 percent of it on tensions, on emotional reactions unrelated to what is actually occurring, and on daydreaming and mental chatter" (the Wisdom of the Enneagram, 348)

"The more we allow ourselves to feel the pain or our self-abandonment, the Essential qualities that we have been longing for begin to arise in us. The unfinished business of childhood begins to resolve itself in our psyches and our hearts begin to heal." (Understanding the Enneagram, 365)

FIRST SHARE A LITTLE ABOUT YOURSELF:

What is your Enneagram number?

This info is helpful, but It is okay if you don't know the answer.

(A) List a few things you like about yourself. I am:

Examples: (I am a good: Parent, Partner, Peacemaker, Advocate, Achiever, Creator, Scholar, Supporter, Fun maker, Producer/doer. I am: Easy going, principled, helpful, friendly, persuasive, one-of-a-kind, practical, frugal, loyal, dependable, fun, spontaneous, strong willed, goal-oriented)

(B) List a few things you don't like about yourself. I can be:

Examples of not proud of adjectives: Lazy, Workaholic, Depressed, Arrogant, Suspicious, Manic, Gluttonous, Mean, Short tempered, Judgmental, Unreliable, Dishonest, Needy, Manipulative, Vengeful, Passive aggressive.

THE EPISODE:

Pick one single episode that upset you and share what happened and how it affected you.

The Facts: Describe what happened. Share just the facts and keep the description short; only a few sentences if possible. Hold off on saying how you felt, that will come soon.

Examples: my neighbor said I wasn't there for her when she needed me, a co-worker pointed out my mistake in front of my team.

Your Body: How did your body feel when it happened?

Examples: tight chest, sick to my stomach, rapid breathing

The Feelings: How did you feel when it happened? Read the feeling word list below. Which feeling words fit best?

Abandoned Abused Accused Accusing Afraid	Cautious Cheapened Cheated Childish Claustrophobic	Devalued Diminished Disappointed Disapproved of Disapproving	Fragmented Friendless Frustrated Grief Groveling	Judgmental Kept out Lacking Lazy Loathed Loathing	Pressured Punished Pushed away Regretful Rejected
Alienated Alienated Alone Ambivalent Ambushed	Clingy Clumsy Codependent Coerced Cold-hearted	Discarded Disdained Disempowered Disenfranchised Disgraced	Guilt Hard-hearted Hated Hateful Heavy	Lonely Longing Lorded over Manipulated Manipulative Mediocre	Rejecting Replaced Resentful Restless Revulsion
Anguished Anxious Ashamed Avoided Awkward	Common Concern Confused Conquered Constricted	Disgusted Disillusioned Disliked Disoriented Disowned	Helpless Henpecked Hindered Hopeless Humiliated	Melancholy Mistreated Mistrusted Mistrustful Misunderstood	Run over Sad Scapegoated Scared Scoffed at
Badgered Banished Beaten down Begrudged Behind	Contempt Contemptible Cowardly Criticized Cursed	Disrespected Distrusting Dominated Dread Dreading	Hurt Ignored Impotent Impugned Inadequate	Nagged Needy Negated Neglected Nervous	Scolded Scorned Scornful Self-conscious Set up
Beholden Below average Bested Betrayed Bitter	Damned Dead inside Deceived Deceptive Defeated	Emasculated Embarrassed Empty Envious Exasperated	Incompetent Indifferent Inept Inferior Insecure	Numb Outnumbered Outraged Overcome Overloaded	Shamed Slandered Sorrow Spiteful Stifled
Browbeaten Burdened Burdensome Caged	Depressed Despair Desperate Despised	Floundering Foolish Forced Fragile	Isolated Jealous Jealous Judged	Pitiful Pity Powerless Powerless	Uncomfortable Vengeful Weary Worried

(C) The Story: What thoughts did you have when it happened? Name all that apply but then circle the one that fits the BEST. Keep the story about you.

Examples: The story I'm telling myself is..."the person in my episode harmed me", "I never get what I want", "I am not important", "I am stupid", "I can't do anything right", "I can't trust anyone", "I have no support", "I am alone", "I am restricted from doing what I need to do", "I need people to do things the right way", "it's my job to take care of everyone"

(D) The Fear: Which fears below were triggered for you? See examples below.

Fear of being bad or defective

Fear of being worthless or without inherent value

Fear of being useless, incapable, or incompetent

Fear of being deprived or trapped in pain

Fear of loss of connection or peace

Fear of being unworthy of love

Fear of being benign without identify or personal significance

Fear of being without support or guidance

Fear of being harmed or controlled by others

Fear of ...

(E) The Reaction: How did you react during the episode?

Fight Examples: I slammed a door, yelled, started a fight, called someone names

Flight Examples: I ended a friendship, I walked away

Freeze Examples: I couldn't move, didn't know what to say

Fawn Examples: I gave in, I pretended nothing was wrong, I cried

EXPLORE:

Let's explore why this episode hurt you, with the questions below.

What did I want/need that I did not get?

What did I expect that did not happen?

What obstacle or person stood in my way?

How [did I tell myself] I was judged, misrepresented, misunderstood, or accused?

How was my image threatened/my flaws exposed? (Review the list of things I don't like about myself from the beginning of the worksheet)

Can you tie all the feelings to the episode? If not, that's ok! Dig deeper and try to.

TRIGGERED! Rank from in order from 1 to 3, which trigger affected you the most?

Loss of Power and Control _____

Loss of Safety and Security _____

Loss of Love and Affirmation _____

PATTERN:

Revisit the Episode. Have I felt this way before? As a child? As an adult? Describe ...

What was the thought that you circled as fitting the best? Write it here:

What was the reaction you had during the episode? Write it here:

Let's pull it all together and connect the dots between the episode and your reaction:

I know I am okay when I (Insert A: list of roles/adjectives that you like about yourself)

When I believe the thought (Insert C: the thought you circled)

I am afraid that (Insert D: the fear)

and I react by (Insert E: the reaction)

If your pattern had a name, what would you call it?

Examples of patterns: "I can only be happy if (I am pleasing others, I am at peace, I avoid pain, I feel loved...)", "I only have worth/significance if I am (perfect, competent, unique, in charge, helpful, ...)", "I only feel safe when (I am in charge, I have support from people I trust, I have no weaknesses or vulnerabilities, ...)", "it is my job to"

CHALLENGE THE STORY/CHANGE THE REACTION:

Now it is time to explore and share your work with a Listener. Make an appointment with a Listener by going to [CommonThreadChurch.org](https://commonthreadchurch.org).

Appointment Request Form URL: <https://commonthreadchurch.org/sasd-worksheet-sign-up/>