

## COMMON THREAD CHURCH THE SELF-AWARENESS QUESTIONS

Self-awareness is imperative for internal change, resolving conflict with others, and making our world a better place. If you feel upset or angry and want to explore why, the questions below will help you become more self aware (and change your life). They'll help you access underlying beliefs, personality quirks, triggers and habituated reactions. They'll help give you a better chance of choosing your responses. Welcome!

### 1. 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 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

*Some examples are: Good parent, partner, peacemaker, advocate, achiever, creator, scholar, supporter, fun-maker, doer. Easy-going, principled, helpful, friendly, persuasive, practical, frugal, loyal, dependable, spontaneous, strong willed, goal-oriented*

B. List a few things you're not proud of about yourself. I can be \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

*Some examples are: Lazy, workaholic, depressed, arrogant, suspicious, gluttonous, mean, short-tempered, judgmental, unreliable, dishonest, needy, manipulative, vengeful, passive aggressive.*

**2. THE EPISODE:** Pick a **single** episode that upset you.

What happened? Just the facts. Keep the description short. Hold off on how you felt (that's next).

*Some examples are: a) a friend says I'm not there when she needs me. b) a co-worker points out my mistake in front of my team.*

### 3. THE REACTION

A. How did your **body** feel when it happened?

*Some examples are: tight chest, sick to my stomach, rapid breathing, frozen, paralyzed, hot, clenched fists, tunnel vision*

B. What **feelings** did I feel when it happened?

The Feeling Word list below indicates feelings we are likely to feel when our needs are not being met. Circle or write down the words that ping you. If you circle several words, see if there are similar feelings you can group together.

**Feeling Words List: I felt...**

Afraid	Chagrined	Displeased	Gloomy	Jealous	Nettled
Aggravated	Cold	Disquieted	Guilty	Jittery	Numb
Agitated	Concerned	Distressed	Harried	Keyed-up	Overwhelmed
Alarmed	Confused	Disturbed	Heavy	Lazy	Panicky
Aloof	Cool	Downcast	Helpless	Leery	Passive
Angry	Cross	Downhearted	Hesitant	Lethargic	Perplexed
Anguished	Dejected	Dull	Horrible	Listless	Pessimistic
Annoyed	Depressed	Edgy	Horrificed	Lonely	Puzzled
Anxious	Despairing	Embarrassed	Hostile	Mad	Rancorous
Apathetic	Despondent	Embittered	Hot	Mean	Reluctant
Apprehensive	Detached	Exasperated	Humdrum	Miserable	Repelled
Aroused	Disaffected	Exhausted	Hurt	Mopey	Resentful
Ashamed	Disappointed	Fatigued	Impatient	Morose	Restless
Beat	Discouraged	Fearful	Indifferent	Mournful	Sad
Bewildered	Disenchanted	Fidgety	Intense	Nervous	Scared
Bitter	Disgruntled	Forlorn	Irate		Sensitive
Blah	Disgusted	Frightened	Irked		Shaky
Blue	Disheartened	Frustrated	Irritated		
Bored	Dismayed	Furious			
Brokenhearted					

C. What **thoughts** did I think during the episode? This is usually when judgmental thoughts or angry thoughts show up. Read through the Thought Word list. Circle or write down the words that ping you. If you circle several words, see if there are similar thoughts you can group together.

**Examples of thoughts: I was...**

Abandoned	Criticized	Disrespected	Inferior	Negated	Scapegoated
Abused	Cornered	Distrusted	Insufficient	Neglected	Scuffed at
Accused	Deceived	Dominated	Insulted	Outnumbered	Scolded
Attacked	Defeated	Emasculated	Interrupted	Overcome	Set up
Ambushed	Demonized	Exiled	Intimidated	Overwhelmed	Shamed
Badgered	Despised	Exploited	Invalidated	Overworked	Slandered
Banished	Devalued	Forced	Invisible	Passed over	Stifled
Beaten down	Diminished	Henpecked	Isolated	Patronized	Stupid
Betrayed	Disapproved of	Hindered	Judged	Picked on	Subordinated
Blamed	Discarded	Humiliated	Kept out	Pressured	Subservient
Boxed-in	Disdained	Hurt	Let down	Provoked	Threatened
Bullied	Disempowered	Ignored	Left out	Powerless	Unappreciated
Cheated	Disgraced	Impugned	Loathed	Punished	Unheard
Coerced	Disliked	Inadequate	Manipulated	Pushed away	Unseen
Conquered	Disowned	Incompetent	Misunderstood	Put down	Unsupported
Constricted		Inept	Nagged	Rejected	Unwanted
Co-opted				Replaced	Used
				Run over	

### 3. EXPLORE THE STORY THAT CAUSES PAIN

A. What fears got triggered in this episode?

When we have an afflictive emotion, we rarely like admitting fear, but it's usually in there.

*Some examples are... I was afraid of being: powerless, judged, unheard, unsafe, excluded, blamed, disrespected, ignored, lonely or forgotten, uncared for, unloved, seen as the bad guy, unable to be honest, manipulated, trapped, disconnected, controlled, voiceless.*

B. Which Energy Center Got Poked? (Rank 1 to 3 and describe why)

\_\_\_\_\_ Loss of Power and Control

\_\_\_\_\_ Loss of Safety and Security

\_\_\_\_\_ Loss of Love and Affirmation

C. 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? What did I want the other person to do or say differently?

D. Was my image threatened? Were my strengths challenged? (See "things I like list" above).  
Were my flaws exposed? (See "things I don't like" list above).

E. Have I felt this way before? As a child? As an adult? Think of another episode or two. Describe. Tie your feelings and thoughts back to the current episode.

### 4. THE PATTERN

Try to condense your insights from the questions into a name. What would you call your pattern?

*Some examples are: I can only be happy if (I please others, avoid pain, feel connected, feel special).*

*I only have value when (I am perfect, competent, in charge, helpful).*

*I only feel safe when (people I love are supportive, my weaknesses don't show, I am in charge).*

*In my life, it is my job to (take care of everything, be right, be submissive, please others, have no needs).*

*I don't matter. Life is not fair. I never get what I want. I am not important. I am stupid. I can't do anything right.*

*I can't (make mistakes, have what I want, trust myself, trust anyone).*

*I have no support. I am alone. I am restricted from doing what I need to do.*

### 5. CHALLENGING THE STORY

We become more self-aware when we say out loud, with another human being, what you've written above. Please consider making an appointment with one of our folks who have experience being a safe listener. To make an appointment, go to our website: <https://commonthreadchurch.org/sasd-worksheet-sign-up>