

COMMON THREAD CHURCH THE SELF-AWARENESS QUESTIONS

If you feel upset or angry and want to explore why, the questions below will help you access underlying beliefs, personality quirks, triggers and habituated reactions. Understanding your reactions will give you a better chance of choosing your responses. Answering all or most of the questions will help pull the pieces together comprehensively, but it is okay to skip questions that don't seem relevant. Welcome to self awareness!

1. A LITTLE ABOUT YOURSELF: The following questions give us insight into how we see ourselves or roles that we play.

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 _____, _____, _____, and _____.

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 _____, _____, _____, and _____.

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? Try to bring up the memory of what happened and notice any sensations in your body. This can be really hard to access and it is okay if you don't remember!

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 resonate.

Feeling Words List: I felt...

Afraid	Bored	Disheartened	Frightened	Intense	Overwhelmed
Agitated	Brokenhearted	Dismayed	Frustrated	Jealous	Panicky
Alarmed	Concerned	Displeased	Furious	Jittery	Passive
Angry	Confused	Disquieted	Gloomy	Keyed-up	Perplexed
Anguished	Cross	Distressed	Guilty	Lazy	Pessimistic
Annoyed	Dejected	Disturbed	Harried	Leery	Rancorous
Anxious	Depressed	Downcast	Heavy	Lethargic	Reluctant
Apathetic	Despairing	Downhearted	Helpless	Listless	Repelled
Apprehensive	Detached	Embarrassed	Hesitant	Lonely	Resentful
Aroused	Disaffected	Embittered	Horried	Miserable	Restless
Ashamed	Disappointed	Exasperated	Hostile	Mopey	Sad
Beat	Discouraged	Exhausted	Humiliated	Morose	Sensitive
Bewildered	Disenchanted	Fatigued	Hurt	Mournful	Shaky
Bitter	Disgruntled	Fidgety	Impatient	Nervous	
Blue	Disgusted	Forlorn	Indifferent	Numb	

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 resonate.

Examples of thoughts: I was...

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

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, vulnerable, rejected, judged, unheard, unsafe, excluded, blamed, disrespected, ignored, lonely, forgotten, uncared for, unloved, seen as the bad guy, manipulated, trapped, disconnected, controlled, voiceless.

B. Did you **fear** the loss of one of the following? How?

Loss of Power and Control:

Loss of Safety and Security:

Loss of Love and Affirmation:

C. 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).

D. The **Unmet Need**: What did I need in this situation to be happy?

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. “The pattern” is a way of describing the story we carry that says we are not enough (good enough, loveable enough, safe enough etc.) on our own, and we need to do something, often at great cost to ourselves, to earn what we need. The point of naming this pattern is to become aware of when we externalize our worth or value.

What would you call your pattern?

Some examples are:

I can only experience peace and harmony if I give people what they want and ignore my own needs.

I can only have acceptance if I am helpful.

I can only have respect if I am competent and never make mistakes.

I can only feel safe when other people support me.

I only have autonomy when I am in charge and people do what I tell them to do

I can only play and experience fun if there are no demands on me.

I can only be authentic when I am completely understood by everyone around me.

I can only have self worth when I am successful at work.

I can only have order when everything is done perfectly to my standards.

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>