Self-Reflection & Awareness

Reflection Task 1

DATE: / /

Think about how you handle day-to-day stress.

Choose a situation you found stressful or challenging — big or small.

Here are a few examples you may have experienced:

being stuck in traffic | waiting for a friend who is always late | clashing with someone at work | somebody jumping a queue

1. List all the thoughts, feelings, and actions that come up for you around this situation

2. On the next page, there are two columns — one with the heading 'What's Wrong' and the other with the heading 'What's Strong'

3. Re-write your list, placing each word in the most appropriate column.

4. What do you notice about your columns?

Reflection Task 1

What's Wrong	What's Strong

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Reflection Task 2

DATE: / /

Think of a time you had a conversation with someone where you felt completely accepted and respected.

1 Write three words to describe their approach or what they did or said. For example, they may have: acknowledged | encouraged | supported | forgiven | shown compassion

Which column would these words sit under: What's Wrong or What's Strong?

Think of a time when you had a conversation with someone where you felt judged and disrespected.

2 Write three words to describe their approach or what they did or said. For example, they may have: criticised | blamed | discouraged | judged | minimised | been unsympathetic

Which column would these words sit under: What's Wrong or What's Strong?

Complete this sentence to act as a guide to your non-judgemental self-reflection and self-talk

3 I listen with and respond with

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Reflection Task 3

DATE: / /

1 Write down one quality that you consider a weakness. For example, 'I take a long time to make decisions.'

2 Rewrite it as a strength by highlighting one good thing about this quality or how this quality has helped you. For example, 'I consider all the available information when I make a decision.'

3 What do you think about this quality when you read the rewrite?

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Reflection Task 4

DATE: / /

1. Think about what makes someone a compassionate person.

2. Make a list of some of the qualities that you associate with a compassionate person.

3. Choose one of these qualities and write down what a compassionate person might do or say as an expression of that quality?

4. Reflect on your answers above and write down one way you can show compassion to yourself.

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Reflection Task 5

DATE: / /

1. **Make a list of the qualities that you associate with being a secure person.** Sometimes it can help to think of what you would identify with an insecure person, then list its opposite. *For example an insecure person might doubt their decisions, actions or ability. A secure person would therefore believe in their decisions, actions, or ability.*

2. Choose one of those qualities.

3. Complete the table below to expand on what you would be thinking, feeling, and doing when your chosen quality is in action.

Thinking	Feeling	Doing

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Reflection Task 6

DATE: / /

1. Find a space where you can walk uninterrupted for a few moments. It might be up and down a corridor, a flight of stairs, the street you live in, or a nearby park.

2. Take a moment to think about what empowerment means to you. Does it have a shape, sound, feel, colour, word or texture?

3. Begin walking with empowerment.

4. With each step you take, sense that colour, sound, texture, shape, or word, strengthening it with every stride as you practice walking with empowerment for a few moments.

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Reflection Task 7

DATE: / /

An opportunity to let forgiveness in.

1. Find a space where you can walk uninterrupted for a few moments. It might be up and down a corridor, a flight of stairs, the street you live in, or a nearby park.

2. Take a moment to think about what forgiveness means to you. Does it have a shape, sound, feel, colour, word or texture?

3. Begin walking with forgiveness.

4. With each step you take, sense that colour, sound, texture, shape, or word, strengthening it with every stride as you practice walking with forgiveness for a few moments.

Self-Reflection & Awareness

Reflection Task 8

DATE: / /

1. Write down an 'I should/shouldn't' or 'I wish I'd' sentence that is relevent to you.
For example, 'I shouldn't be late'.

2. Think about why this is important to you and rewrite, starting with 'It's important to me that...' followed by a strength-based reason. It may help to think about the associated benefit. *'It's important to me that I am on time.'*

3. Now go back to your new sentence and again consider the 'why' behind it.
'It's important to me that I am on time.'
Why?
'It's important to me that I do what I say I am going to do.'

4. If you are still up for more, you can again ask why.
'It's important to me that I do what I say I am going to do.'
Why?
'It's important that I show integrity, honesty, and respect for others'

5. Reflect on your answers. What do you notice?