SELF-AWARENESS ACADEMY

with Erin Slutsky

MODULE FOUR

Subtypes

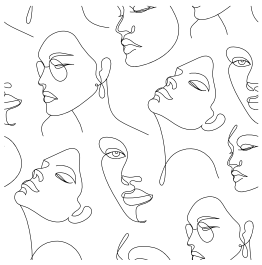
Lorem ipsum dolor sit amet, consectetur adipiscing elit. In ante felis, accumsan non fringilla ut, eleifend sed ex. Mauris odio leo, efficitur et lorem eleifend, suscipit malesuada lorem. Fusce sapien mi, scelerisque varius tempor sit amet.

SELF PRESERVATION

Self-Preservation- Physical safety, Wellbeing, Material security,Comfort. Push for independence. You may not want to feel dependent on others to have your needs met. It also adds an element concerned with security and conservation of energy to your relationship with your environment and others

SEXUAL 1:1

Intensity of experiences, Intimacy of relationships. Actively seeking out experiences and relationships that promise very strong concentrations of energy that creates a feeling of contentment and completion this external activity or person.

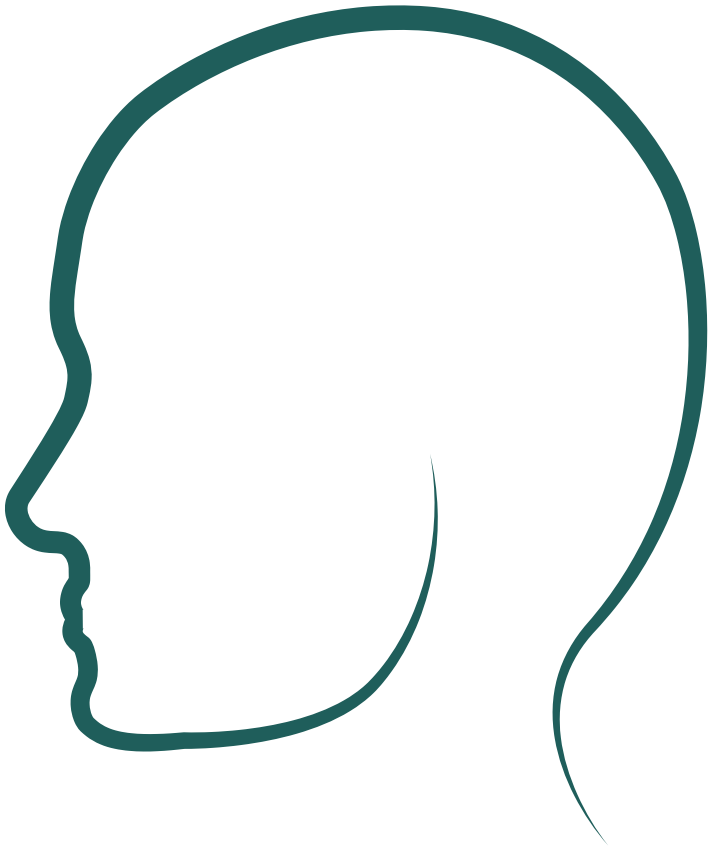


SOCIAL

Interactions and relationships with other people, collective group activities.Awareness of group norms and standards. Aware of status and level of approval in groups. Push towards community and shared purpose.

My Thoughts

Keep track of the thoughts you find rolling around in your head.



IS WHAT I'M THINKING TRUE?

What story am I telling myself?

Do I have all the information?

IS WHAT I'M THINKING TRUE?

What am I thinking about this situation?

How do I feel about this situation?

What are my actions?

What is my body telling me?

IS WHAT I'M THINKING TRUE?

What more do I need to learn and understand about the situation?

What more do I need to learn and understand about other people in the story?

What more do I need to learn and understand about myself in the story?

RATE YOUR

THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10
WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

1 2 3 4 5 6 7 8 9 10

NOT VERY EXTREMELY

ABILITY TO BE POSITIVE

1 2 3 4 5 6 7 8 9 10

NOT VERY EXTREMELY

FLEXIBLE ATTITUDE

1 2 3 4 5 6 7 8 9 10

NOT VERY EXTREMELY

DECISION MAKING

1 2 3 4 5 6 7 8 9 10

NOT VERY EXTREMELY

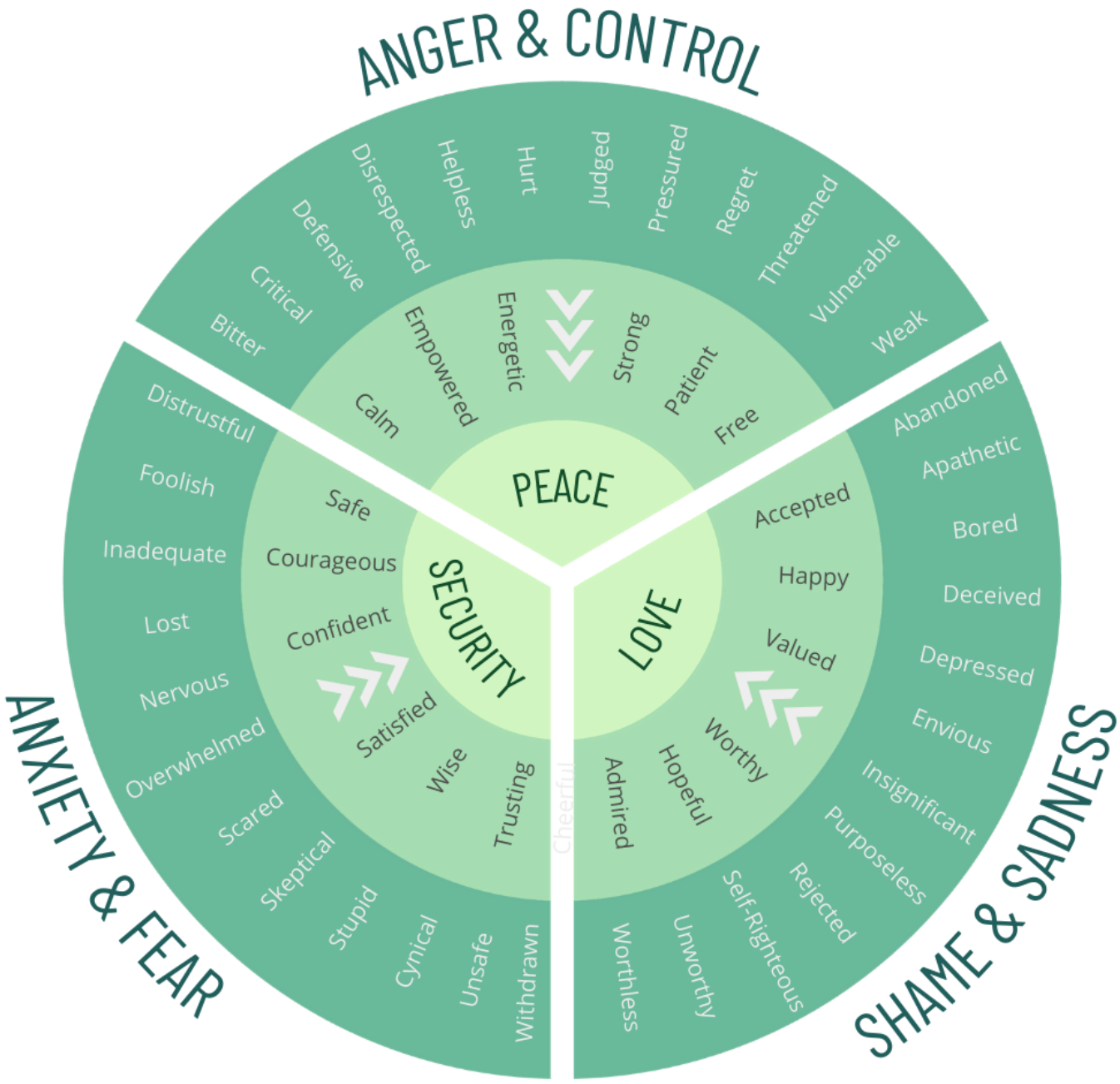
ABILITY TO STICK TO GOALS

1 2 3 4 5 6 7 8 9 10

NOT VERY EXTREMELY

My Feelings

What emotions come up for you?
What do you truly want?



© ERIN SLUTSKY COACHING

SELF-AWARENESS ACADEMY with Erin Slutsky

What Am I Feeling?

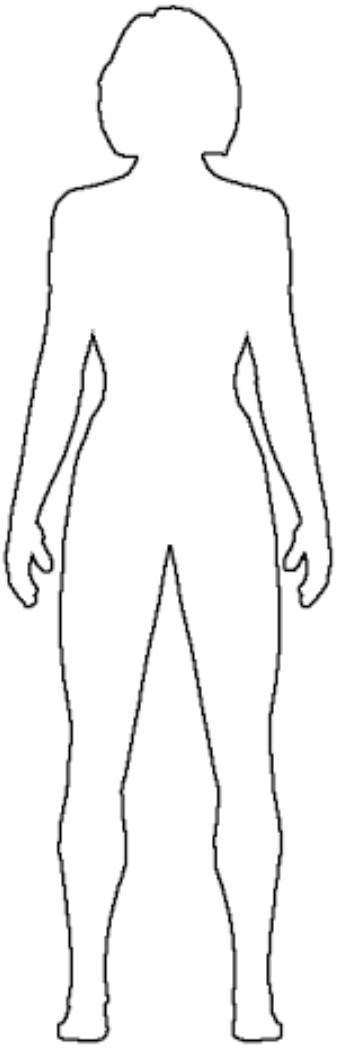
Name all the emotions related to this situation.

What do you really want?

How do you want to feel?

My Intuition

What is my gut telling me?
Where do I feel it in my body?



GUTS

GET QUIET ANS LISTEN

Where, when, and how can I do this?

USE YOUR INTUITION

What is my initial thought or feeling about his?

TRUST YOURSELF

Do I believe I have the answer?

STAY TRUE TO YOUR VALUES

What is most important to me?