

## Self-Awareness Task



To be self-aware means that we know who we are and how we respond to situations. Who we are can differ depending on what situation we are in. For the first part of this activity, use the characteristics sheet below to pick out the words that best describe your 'self' when you are on your own and in private.

My private 'self'

Now think about your 'self' when you are in public what words would you choose?

If your public 'self' and your private 'self' were to meet, how similar/different would they be? Would they get along? Would one be more dominant/powerful than the other? If so, which? Considering both versions of your 'self' which one do you think is the most accurate representation of your 'true self' and why?

Adaptable Courageous Giving Neat Self-confident  
 Adventurous Creative Good Nice Self-disciplined  
 Affable Decisive Gregarious Non-judgmental Sensible  
 Affectionate Dependable Hardworking Observant Sensitive  
 Agreeable Determined Helpful Optimistic Shy  
 Ambitious Diligent Hilarious Organized Silly  
 Amiable Diplomatic Honest Passionate Sincere  
 Amicable Discreet Humorous Patient Smart  
 Amusing Dynamic Imaginative Persistent Sociable  
 Artistic Easy-going Impartial Pioneering Straight-Forward  
 Brave Emotional Independent Philosophical Sympathetic  
 Bright Efficient Industrious Placid Talkative  
 Broad-minded Energetic Intelligent Plucky Thoughtful  
 Calm Enthusiastic Intellectual Polite Tidy  
 Careful Extroverted Intuitive Popular Tough  
 Charismatic Exuberant Inventive Powerful Trustworthy  
 Charming Fair-minded Joyful Practical Unassuming  
 Chatty Faithful Kind Pro-active Understanding  
 Cheerful Fearless Kooky Quick-witted Upbeat  
 Clever Forceful Laid-back Quiet Versatile  
 Communicative Frank Likable Rational Warmhearted  
 Compassionate Friendly Loving Reliable Wild  
 Conscientious Funny Loyal Reserved Wise  
 Considerate Generous Lucky Resourceful Witty  
 Convivial Gentle Modest Romantic  
 Aggressive Cynical Impolite Nervous Sneaky  
 Aloof Deceitful Impulsive Obstinate Stubborn

Anxious	Defensive	Inconsiderate	Overcritical	Stupid
Arrogant	Devious	Indecisive	Overemotional	Sullen
Bad-Tempered	Dim	Indiscreet	Patronizing	Tactless
Belligerent	Dishonest	Inflexible	Pig-headed	Thoughtless
Big-Headed	Domineering	Intolerant	Pessimistic	Touchy
Boastful	Egotistical	Ignorant	Pompous	Unlucky
Boring	Finicky	Irresponsible	Possessive	Unpredictable
Bossy	Foolish	Jealous	Quick-tempered	Unreliable
Callous	Gussy	Lazy	Resentful	Untidy
Careless	Gullible	Loud	Rude	Untrustworthy
Clingy	Grumpy	Mean	Secretive	Vague
Confrontational	Hostile	Moody	Self-centered	Vain
Cowardly	Idle	Narrowminded	Selfish	Vulgar
Cruel	Impatient	Nasty	Silly	Weak-willed