



# Understanding The Self

PDF Guidebook



# Understanding The Self

## Module 1 How will I Describe ME?

**Objective:** 1. Explore how to see oneself through self-assessment.

**Activity:** Self-Checklist

**Instruction:** Check the words that describe you according to how you see yourself.



Attention	Quiet	Picky
Cooperative	Balanced	Shy
Realistic	Complex	Cautious
Confident	Creative	Thoughtful
Eccentric	Energetic	Clever
Calm	Respectful	Humble
Hard worker	Compassionate	Skillful
Intelligent	Dependable	Fearless

**Processing:**

1. Was it easy for you to choose a description for yourself?  
Why?

Answer: Yes, because I know who I am and my characteristics.

2. What factors facilitated you to choose such descriptions?

# Understanding The Self

## How to Be More Self-Aware

**Source:** liveaboutdotcom

Self-awareness is important in every area of life, but it's essential when dealing with relationships. If you're aware of the things you say and do, you'll be able to recognize when your actions bother or anger someone else. It sounds straightforward, but it takes some adults years before they understand what this concept means, and how to apply it to their life.



### What Does It Mean to Be Self-Aware?

Self-awareness means that you have a solid understanding about who you are and how you relate to the world. This means being mentally and emotionally present in situations, and understanding how your actions affect people. It also means that you're clued into to what you really enjoy and dislike.

This concept is not as simple in practice, however. Many things in life can change us, for good or bad, and these changes cloud self-awareness. Some things that can wreak havoc on our awareness are:

#### **Our upbringing:**

We are taught to behave a certain way, and also that some things are bad or good. This means that we may get stuck in a rut or fail to try new things to see if we really like them.

# Understanding The Self

## Media:

We're bombarded with images and messages telling us how to be, and many of these can change our perception of what we think we should act like.

## Our friends:

We choose friends that we think we should be like, or we look for approval from them.

## Society:

We understand what's acceptable in society, learn social grace, and live by the golden rule. But unless we really have a grasp on our self-awareness, any changes will be on the surface and not at the emotional level where they need to be.

## Being More Self-Aware

The first step to self-awareness is to look at past issues you've had with people and be honest with yourself. Sometimes it's so hard to think that we might have messed up that we don't allow ourselves to reflect on the actions we took to help prolong or cause an argument. Admitting you have a part in how people treat you is a hard concept to embrace at first. The following thoughts can act as a warning sign for better self-awareness.





# Understanding The Self

## Module 2 INSTROSPECTION

**Objective:** 1 Identifying factors that could help in introspection.

**Activity:** Personal ID

**Instruction:** 1. Fill in the colored boxes with what is asked from you



### PERSONAL CORE

Describe your Strength

Answer : My strength is my family they make me inspire to do best everytime.

### ROLES

What responsibilities do you have?

My responsibilities are being a student, and a sister.

### LEARNINGS

What do you want to learn

At this age, I want to learn many things like in this subject understanding myself, how to be a good person and how to be successfull in the future.



# Understanding The Self

## Module 3 A PICTURE OF MYSELF

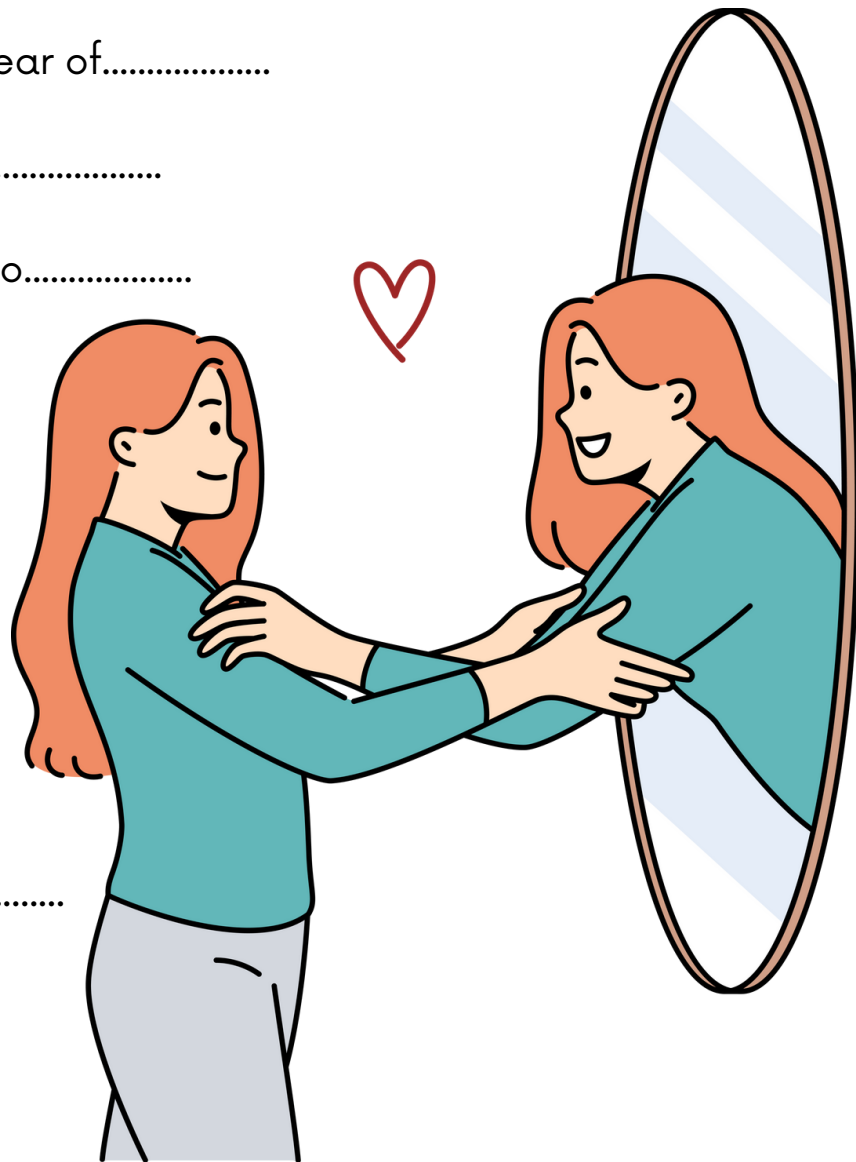
**Objective:** 1. Identifying skills, talents, roles, values and personal core

**Activity:** Complete the sentence....

**Instruction:**

1. Continue the sentence with the first response that would come to your mind.
2. Avoid using OR and IF.
3. Answer with all honesty

1. I am at best when.....
2. I wish I could overcome the fear of.....
3. I am aware of my talent of.....
4. I enjoy being with people who.....
5. I like to.....
6. I feel productive when.....
7. I almost never.....
8. I am motivated by.....
9. Work is fun when.....
10. The best advice I ever got.....



# Understanding The Self

11. Important thing is.....
12. My idea of a perfect life is.....
13. I always wanted to.....
14. The thing my friends like about me is.....
15. If ever I win a prize it will be.....

## What is Self-Concept?

A self-concept is an understanding you have of yourself that's based on your personal experiences, body image, your thoughts, and how you tend to label yourself in various situations. Our self-concept is somewhat a collection of beliefs you have about your own nature, qualities, and behavior. It's about how you think and evaluate yourself at any given moment in time. We judge ourselves by what we feel capable of doing while others judge us by what we have already done. Henry Longfellow



## What are my priorities?

**Objective:** 1. Identifying priorities that are important to the person.

**Activity:** Choice of Priorities

**Instruction:** Rank the following priorities according to what is important to you.

Once you're done, look through the ordering and ask yourself "Am I happy with my list?"

# Understanding The Self

<b>1</b>	Health	<b>2</b>	_____
<b>2</b>	Money	<b>6</b>	_____
<b>3</b>	Peace of Mind	<b>4</b>	_____
<b>4</b>	Success	<b>3</b>	_____
<b>5</b>	Environment	<b>9</b>	_____
<b>6</b>	Spiritual	<b>5</b>	_____
<b>7</b>	Family	<b>1</b>	_____
<b>8</b>	Friends	<b>8</b>	_____
<b>9</b>	Challenges	<b>10</b>	_____
<b>10</b>	Work Satisfaction	<b>7</b>	_____

"The main thing is to keep the main thing the main thing." ~ Stephen R Covey, There is not much separating the people who are happy and fulfilled and those aren't. One is knowing your life purpose and what is it that you want out of life; to have a vision and some aims in life. Most people stumble through their lives, too occupied in anxiety about their day-to-day existence to think about the bigger picture. Do you know what's ultimately important to you? It's been said that in life, nobody gets out of it alive. So the question is this: Do you know what you want to get out of life? The other thing (which is the topic of this post) is identifying and setting your life priorities right. Let's spend a little time thinking about what's really important to you in work and life, shall we? Having more awareness of them will aid you to achieve the



# Understanding The Self

## Module 4 My Success Story

- Objective:**
1. Discover other people life struggles and success through their testimonies.
  2. Relate with other people's disclosure about life

**Activity:** Success Stories

**Instruction:** 1. Open this link and watch how life change of this person

Processing: Send your answer through Messenger

1. Was the success story inspiring for you?  
Yes, it inspire me not to give up. Even some people discouraged you.

2. Which part of the testimony made you realize of something relevant to be done in life?

It's the part when the people don't believe in Jack Ma he strive and work hard to be successful especially in a company he made which is the Alibaba.

Task to be done:

1. Make YOUR OWN video sharing your life testimonies..



# Understanding The Self

## Module 5 BASIC PSYCHOLOGICAL NEEDS

**Objective:** To have an awareness of the different basic psychological needs

BELONGINGNESS	RECOGNITION
A sense that someone truly cares about you. That you are in a mutual and loving relationship person for what you accomplished and who you are	A sense that you are acknowledging
FREEDOM	SELF-ESTEEM
The need to have choice In your life, to have a sense Of control over the decisions that direct behavior	The need to feel competent and confident that you have achieve results

### Activity:

Choose at least 2 basic psychological needs which you think you need to fulfill. Pick at least 2 from the above items.

The first psychological which i think i need to fulfill is self- esteem because i have issues in believing myself and

I don't have confidence and I think I need to fulfill it and avoid.

The second is freedom because I listen to some people who only discouraged me and I think I need to avoid a people like that because they can't help.

# Understanding The Self

## Module 6 PICTURE ALBUM

**Objective:** 1. Recall important and less remembered important memories in life.

**Activity:** Recalling simple memories

**Instruction:** Place a picture or drawing to represent the following:

### MY BELONGING



### MY EXPERIENCES



### PLACES



### FUN



# Understanding The Self

## Module 7 CHANGE

**Objective:** 1. To define the word Change.  
2. To be aware of how one respond to change

**Activity:** Responding to Change

**Instruction:** Think of our present NEW NORMAL

**How do you feel about these changes?**

Overwhelmed	challenged
Discouraged	opti misti c
Disinterested	interested
Tired	energized
Anxious	calm
Depressed	enthusiasti c
Annoyed	excited
Bad	good

Were you able to embrace the changes brought by COVID 19 pandemic? How?

# Understanding The Self

**Send your answers through Messenger.**

Answer: It is not easy for me in the first because I am not used to it and our small business was affected by this pandemic. But we have no choice but to embrace this new normal. I hope that we can all do it and in the end we can back to normal life.

## Module 8. CHANGES IN OUR LIVES

**Objective:** 1. Understand the different emotions and reactions brought about by change.

**Activity:** Changes and Emotions

**Instruction:** Answer and send it through messenger.

### 1. Describe "New Normal".

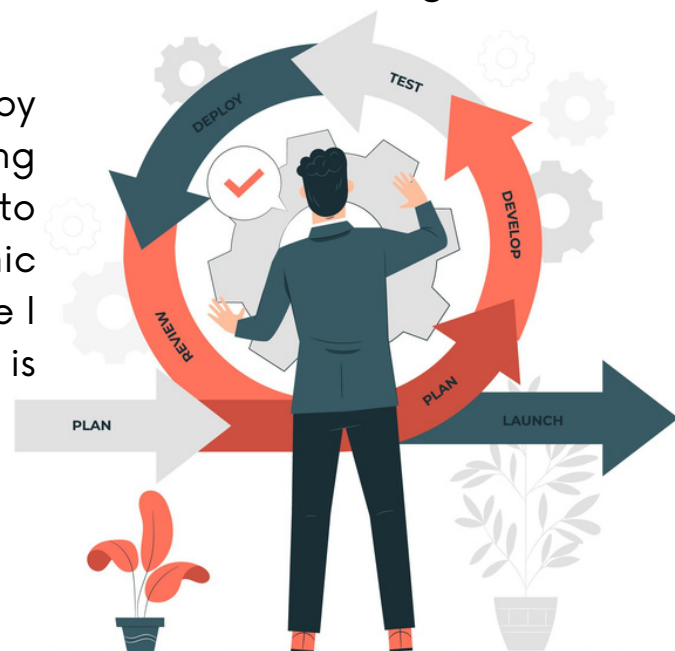
Answer: For me, in this new normal it is not easy because all of us are still adjusting in these situation. It is different in our everyday life, we are not used to it.

### 2. What experiences happened to you as you are through this change?

Answer: My experiences are attending school in a virtual class, the scared of feeling what might happen tomorrow.

### 3. Recall your feelings before, during and after these changes happened?

Answer: Before I am grateful and happy because I can be with my friends enjoying going at our favorite places and going to school everyday. During these pandemic I've been feeling anxious and sad because I am no not used with these pandemic it is different from my life I wanted.





# Understanding The Self

**Accept : Yes, because this new normal is also for use to be safe**

<b>Accept?</b> Yes	<b>Why?</b>
njf	
<b>Adjust? Why?</b>	
<b>Deny?</b>	

and I know we can overcome this challenges in the future and we can be back with our loved ones someday

**Was it easy to deal with this change?**

<b>Yes</b>	<b>Why?</b>

Answer : No, I am still adjusting with this change and it is not easy because all of us was affected but someday our world will be back to normal.

# Understanding The Self

1. To understand what emotions goes with changes,

## Understanding Change



Changing a habit is a difficult thing to do. Even with the best of intentions, actually making behavior changes that last can be a slow and laborious process. This process of change has been studied and broken down, and understanding how people change can be helpful in your personal change process.

Change is rarely a straight line. The process of change is littered with ups and downs, jumps forward and backwards, and motivational waxing and waning. Psychologists James Prochaska and Carlo Di Clemente studied this process and have developed a theory for how people change that is widely accepted. This process states that change has 5 stages, from not even thinking about changing a behavior (which they call Precontemplation), to making maintaining the changes you've made (which they call Maintenance). In understanding these 5 stages, you can recognize where you (or a loved one) are in the process and change, and can slowly work to help move through the stages of change.

# Understanding The Self

## Precontemplation:

At this stage, you have no intention of changing your behaviors and you do not really feel that you have a problem. If you are here in treatment, it is often because there is some external pressure to be in treatment. This may make it difficult for you to define what you want to work on in treatment, which in turn often makes being in treatment in this stage a frustrating experience.

## Contemplation:

This is a stage where you are starting to consider the impact your substance use has had on your life in a more serious way, while typically also feeling quite ambivalent. You are aware a problem exists but you are not sure you want to do anything to change the problem. You are beginning to add up the positive and negative consequences of use in your daily life, but may feel too overwhelmed to make real changes.

## Preparation:

This is a stage where you are prepared to make changes based on your evaluation of the impact of substance use in your life, but you have not fully decided how to accomplish these changes, and what your goals are going to be. For example, you may have decided to change by going to support group meetings, but you haven't decided which group is right for you, or for how long you'd like to stop using.



# Understanding The Self

## Action:

In this stage, you are modifying your behaviors and are working at changing your life. This often involves devoting a good deal of time and effort to making changes, as well as an accompanying sense that you are on a path you feel good about for yourself.

## Maintenance:

This is the stage where people work to prevent a return to old behaviors and to maintain the gains made during the action phase. This stage still involves a good deal of effort and dedication of time and energy.

Over time, we all move through these five stages of change, sometimes moving forward and sometimes slipping back (or a relapsing into old behaviors). How can you use this information to best help you or a loved one move forward in the process of change? Here are a few tips to keep in mind.

## For Individuals Trying to Change:

The changes each person makes are part of a personal journey defined by many factors. Most importantly, each person must go through these changes at his/her own pace. Some stop using and never go back. Others change slowly over time, and though they may want to stop completely, it might take several episodes of using before they are able to do so. Some begin the long and difficult process of lifestyle change; others stay focused on "just not using right now."



# Understanding The Self

It is important is to stay in tune with your own pace, and to establish a way of changing that you can sustain. Try not to compare your pace and style of changing to other people's pace. That can be a setup to feel like you "should" be going faster than you want or that you're already doing so well that you can "let down your guard" some (opening the door to a return to unwanted behaviors).

## **For Loved Ones Helping Someone Change:**

As stated above, change is a very personal journey and there are a lot of factors that go into it. It's important to remember this and to respect that people need to change at their own pace. That said, there are things you can be thinking about to help someone through the change process. Remembering the following two tips can help you be a more effective helper.

### **1. Remember the term Successive Approximation:**

Changing a complex behavior like substance use is just that complex! If you can help break it down into smaller, simpler changes that help encourage movement towards the larger goal, which is much easier for people to do and be successful with. That process is called Successive Approximation. For example, maybe the big goal is to stop drinking, and a small goal can be going to the gym regularly. While this might feel miles away from what you want to see, achieving that goal might bring your loved one a step closer to having a healthier life, which would combat the idea of drinking each night (and moving them towards making a change there). Picking and rewarding a small step can help with the larger goals.



# Understanding The Self

## Tolerate Relapse:

The process of change has the idea of relapse (a return to old behaviors) built into it. Change isn't a one-way street, and the more you can tolerate that, the more you can help someone continue to move forward even when they are struggling to themselves.

Understanding how change works can be very helpful to your own process of change or helping a loved one change their behaviors. Changing substance use patterns is a marathon. Keeping this process of change in mind can help keep you from trying to make it into a sprint.

## Activity: What is your understanding of change?



Answer this based from your own personal view, send in through messenger.

In my own words, understanding of change has many stages before we can apply this in our life. Simple change can turn into large it molds us to do better.

# Understanding The Self

# Module 9 RESILIENCE

**Objective:** 1. To understand what resilience means in simple terms  
2. Identify behaviors that contribute to being resilient.

**Activity:** : Think and answer. Send your responses to messenger.

**1. Cite some examples of recent situations which you believe that resiliency was manifested.**



# Understanding The Self

## Module 10 Empathy

**Objective:** 1. To understand the meaning of empathy

### Empathy

Empathy is the ability to recognize, understand, and share the thoughts and feelings of another person, animal, or fictional character. Developing empathy is crucial for establishing relationships and behaving compassionately. It involves experiencing another person's point of view, rather than just one's own, and enables prosaically, or helping behaviors that come from within, rather than being forced.

Some surveys indicate that empathy is on the decline in the United States and elsewhere, findings that

motivate parents, schools, and communities to support programs that help people of all ages enhance and maintain their ability to walk in each other's shoes.



# Understanding The Self

## Developing Empathy

Empathy helps us cooperate with others, build friendships, make moral decisions, and intervene when we see others being bullied. Humans begin to show signs of empathy in infancy and the trait develops steadily through childhood and adolescence. Still, most people are likely to feel greater empathy for people like themselves and may feel less empathy for those outside their family, community, ethnicity, or race.

## Why is empathy important?

Empathy helps us connect and help others, but like other traits, it may have evolved with a selfish motive: using others as a “social antenna” to help detect danger. From person's intent is critical: the arrival of an interloper, for example, could be deadly, so developing sensitivity to the signals of others could be life-saving.

## The Downside of Empathy

Answer the following. Send in your answers through messenger. Putting yourself in someone else's shoes can be beneficial, but when it becomes one's default mode of relating to others, it can blind an individual to their own needs and even make them vulnerable to those who would take advantage of them.

Can you be too empathic, or not empathic enough?

## Activity 11.

1. What's the difference between empathy and sympathy?

How do I know whether I'm a highly empathic person?

Answer: The difference between sympathy and empathy is the ability to share feelings and understand. Sympathy is similar. Sympathy is the feeling of pity and sorrow for someone else. Empathy involves putting yourself in the other person's shoes and understanding why they may have these particular feelings.

# Understanding The Self

## Module 11 SYMPATHY

### What is Sympathy?

Sympathy is feeling bad for someone else because of something that has happened to them. We often talk about it and feel sympathetic when someone has died, or something bad has happened, saying ' Give them my sympathy ', or ' I really feel for them '.

### Causes of Sympathy

For people to experience sympathy towards someone else, several elements are necessary:

**You must be paying attention to the other person.**

Being distracted limits our ability to feel sympathy.

**The other person must seem in need in some way.**

Our perceptions of the level of need will determine the level of sympathy. For example, someone with a graze on their knee will get less sympathy than someone else with a broken leg.

We are also much more likely to be sympathetic towards someone who appears to have done nothing to 'earn' their misfortune.

The child who falls while running towards a parent will get more sympathy than the one who was doing something that they had been specifically told not to do, and has fallen as a result.

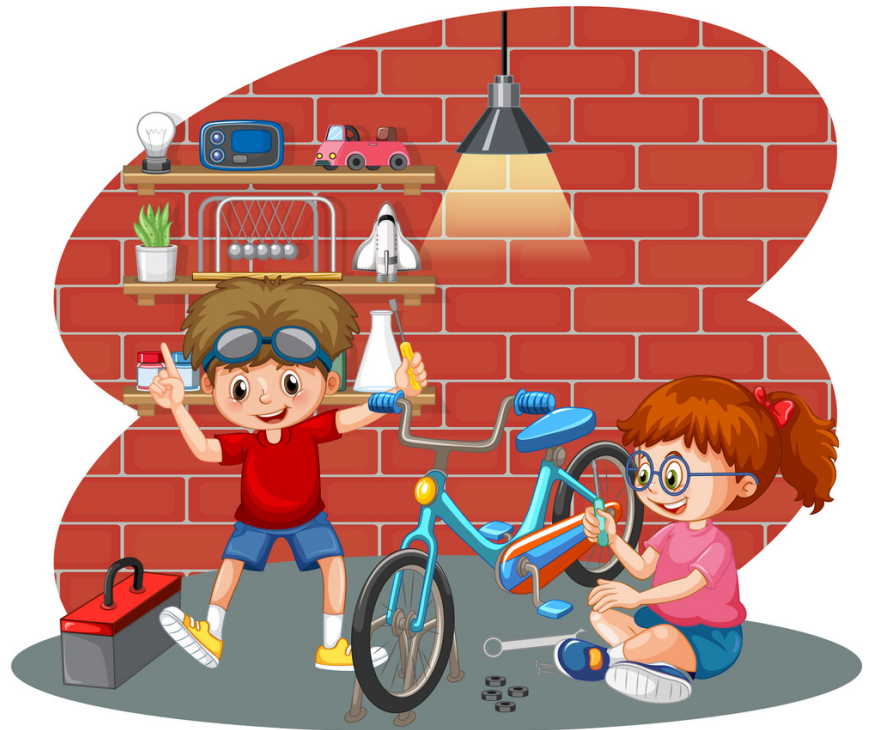




# Understanding The Self

## Sympathy is innate, but it is also learned

Children as young as 12 months old have been observed to show sympathetic behavior, for example, giving their parents a toy without being prompted, or crying when another baby cries. These are very basic sympathetic responses. Some children are inherently more social and sympathetic.



However, as children learn and develop, their ability to feel sympathy also develops as they learn from their parents and others around them. Given that adolescents are often described as exhibiting selfish behavior, it seems likely that ability to sympathies continues to develop throughout childhood and adolescent, and probably into adulthood as well.

**This means that it is possible to develop your ability to feel and express sympathy even as an adult.**

# Understanding The Self

## MODULE 12 LIFELINE

**Objective:** To understand other representations to identify life path.

**Instructions:**

1. Imagine that these are the palms of your hands.
2. Which among these lines represents the ups and downs of your life.
3. You may also extend the drawing of the lines as you wish.

**Processing:**

1. Which among the two the UP or DOWN was easy for you to identify?  
Why? What were the things you plan to do with your DOWN( if there is) in life.

## LECTURETTE

### LIFELINE

a technique which can be used in a group situation or individually. Participants will draw a continuous line which represents their life, bends in the line and upward trend will define the presence of stressful events or a life event.

### LIFELINE

"A line acts as a graphical representation of an individuals life and the stressful events which have occurred during that time

Answer: The Up line in my palm is that I still continue in life striving for my success in the future The Down line in my palm represents the challenges in my life. Example is the family problem. I know that I can overcome these challenges.

