



5.4 Self-Awareness Discussion

- ❑ Socrates said that one must first “Know thyself.”
- ❑ People who are successful, happy and effective in their relationships seem to know themselves well. The more you know about YOU, the better your relationships with others will become.
- ❑ Self-awareness is not easy. It takes courage to take an honest look at one’s personal “opportunities for improvement.”
- ❑ Self-awareness may mean that you become more vulnerable.

Describe a time when self-awareness resulted in a positive experience or positive outcome.