

LACoFD Relationships

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Self-Awareness

Internal self-awareness

- How clearly we understand our own values, thoughts, feelings, behaviors, strengths and weaknesses.
- Understanding the impact we have on others.
- Awareness of one's emotions.
- Personal challenges.
- Values and goals.

External self-awareness

- Understanding how others see us.
- Able to show empathy, flexibility, and take others perspective.
- Openness to feedback.

People aren't always good at both.

How to improve self-awareness

- Solicit constructive feedback from others.
- Play to your strengths.
- Noticing and naming.
- Mindfulness.

Ask "what" not "why"

Benefits of self-awareness

- More confident.
- Communicate more clearly.
- Stronger relationships.
- More clarity and make better mutual decisions.
- More control, less anxiety, stress, depression, and self-confidence.

Book: ACT with Love – Second Edition

Russ Harris