

Life Mastery Skills

Self Awareness Exercise

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DISCLAIMER: Should you have any reason to believe that you are not in a mental or emotional condition to begin the exercises provided on this website, you should seek the advice of a mental health professional to assist you in this decision.

Additionally, should you choose to begin any of the exercises provided on this website, you may find that some of the exercises may cause unpleasant or uncomfortable feelings. If you feel confused or overwhelmed by your reactions to this material, it is recommended that you find a mental health professional to assist you in your journey towards self awareness.

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WHEN I CRITICIZE WHAT I AM DOING, I BECOME MY WORST ENEMY

I felt guilty for divorcing my husband. I was the first person in my family to divorce and being a divorcée didn't fit my self-image. I felt I deserved to be punished for breaking up my nuclear family. Part of the way I punished myself was to be awarded no alimony, and to lose custody of my children. My mind told me I was a bad mother for getting a divorce and that I deserved to be poor and alone. Only after I forgave myself did my life begin to take a positive turn.

Exercise Part 1: Write down three statements that begin: "I criticize myself when I..."

Example:

I criticize myself when I: **don't live up to my expectations.**

1) I criticize myself when I: _____

2) I criticize myself when I: _____

3) I criticize myself when I: _____

Exercise Part 2: Write down three statements that begin: "When I negatively judge myself, I make myself suffer by..."

Example:

When I negatively judge myself, I make myself suffer by: **denying I have ever accomplished anything worthwhile.**

1) When I negatively judge myself, I make myself suffer by: _____

2) When I negatively judge myself, I make myself suffer by: _____

3) When I negatively judge myself, I make myself suffer by: _____

This exercise shows you how self-criticism does not change behavior in a positive way but instead creates more negativity. Many people attempt to escape their self-criticism through use of alcohol and drugs. Remember the evaluator's methods of controlling you are fear, guilt, and anxiety.