Title: I am

Exercise Code: SLINTEGRA031

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| Modules: | Group size: | Duration: |
| 1. Social Learning  2. Professional Ethics  3. Personal Integrity  4. Professional Integrity  8. Situational Awareness | Individual  Small group  Large group | 45 min |

**Purpose:**

* To recognize your own emotions
* To develop emotional self-awareness
* To strengthen self-image and self-confidence

**Description:**

Emotional self-awareness is the ability to recognize one’s feelings. In the spaces below complete each statement based on how you feel. Use the blanks to add your own feeling words.

I am most happy when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I feel embarrassed when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I think negative thoughts about myself when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I feel \_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Finish this statement: I think the world needs\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Methods:**

Experiental learning

The exercise supports thinking about our own feelings, about ourselves, how a person reacts to different external events, and what brings out positive and negative emotions.

**Advice for Trainer:**

The trainers can use the exercise for individual use when they wish the participants to touch upon and think about their own emotions.

The exercise can also be used in a smaller group of participants, where the trainer beforehand explains that the purpose of the exercise is to think and focus on emotional self-awareness which encompasses emotions, thoughts, various psychological processes inside an individual, controlling emotions, and finally the question of self-image (the image you have of yourself).

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University, St. Louis