

Self-Awareness is a key to personal growth. Being aware of your emotions and why you feel them allows you to better deal with circumstances you can't change, to anticipate your feelings and reactions to upcoming situations and to understand other people's feelings better, too.

Self-Awareness Onion

First Layer

Being aware of your own basic feelings. "I'm happy", "I'm sad" etc.

Not everybody is in touch with their emotions.

Second Layer

Being able to wonder why you feel a certain way. "Why am I angry?"

Answering these questions properly can take a long time. It's worth it because it gives you a chance to find and fix root causes.

Third Layer

The why of the why: your core values. "Why do I consider something a success / failure?"

This layer requires frequent soul searching and often yields uncomfortable answers. Peeling to this layer allows you to consciously examine your values and see if they are helpful.

