

Maher Asaad Baker

Self-awareness



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Introduction

Self-awareness is the capacity to concentrate on ourself and determine whether our behaviors, ideas, or emotions are consistent with our internal standards.

Recognizing your shortcomings and making improvements is a crucial step in improving as a person.

Success in every sector requires self-awareness. It is the

capacity to see your own motivations, weaknesses, and strengths. It also involves being aware of how other people see you and the environment.

Being self-aware can improve your interpersonal relationships and help you accomplish more.

A talent required for success in the job is self-awareness.

Comprehending one's strengths and flaws, understanding daily functioning, and having the capacity to evaluate oneself and alter behavior are all examples of self-awareness.

One might reflect on experiences and thoughts to obtain more understanding of oneself and raise self-awareness.

This entails evaluating one's skills and limitations and considering one's own values.

The American Psychological Association defines objective self-awareness as:

A person who is self-aware has an understanding of a variety of internal states, emotions, cognitive processes, and physiological reactions that underlie their behaviors, beliefs, values, and motivations as well as an understanding of how these affect and influence others.

Self-awareness can be developed through focus, evaluation, and feedback.

Self-awareness

Why we lack self-awareness

Most of us are not self-aware. We are the ones who talk the loudest about who we are and what we have accomplished.

It is known that one of the reasons why many people

struggle to achieve greater achievement is a lack of self-awareness.

We boast of our successes, accomplishments, happiness, and capacity for dealing with any circumstance.

We consider our way of life to be a model worth imitating.

Lack of self-awareness prevents us from recognizing our feelings and how they show themselves in our daily behaviors.

You are blind to the patterns in your actions and thoughts.

Because we are unable to better connect our choices with what we desire, we tend to feel more negative emotions.

Self-awareness is an essential personality quality that comes before personal development and growth.

Unaware people are frightened to show their vulnerability.

They remain oblivious to their feelings, thoughts, motives, and behaviors because they fear being judged or rejected by others.

The idea that our perceptions of ourselves are frequently just a little off from reality is a fundamental one in