



Self-Awareness

SIGNS OF LOW SELF-AWARENESS

- DIFFICULTY IDENTIFYING AND EXPRESSING EMOTIONS
- TAKING THINGS PERSONALLY
- BLAMING OTHERS FOR THEIR PROBLEMS
- POOR SELF-REGULATION
- UNREALISTIC EXPECTATIONS OF THEMSELVES AND OTHERS
- DIFFICULTY ACCEPTING FEEDBACK
- LACK OF EMPATHY
- STRUGGLING TO SET HEALTHY BOUNDARIES
- PRONE TO TOXIC RELATIONSHIPS



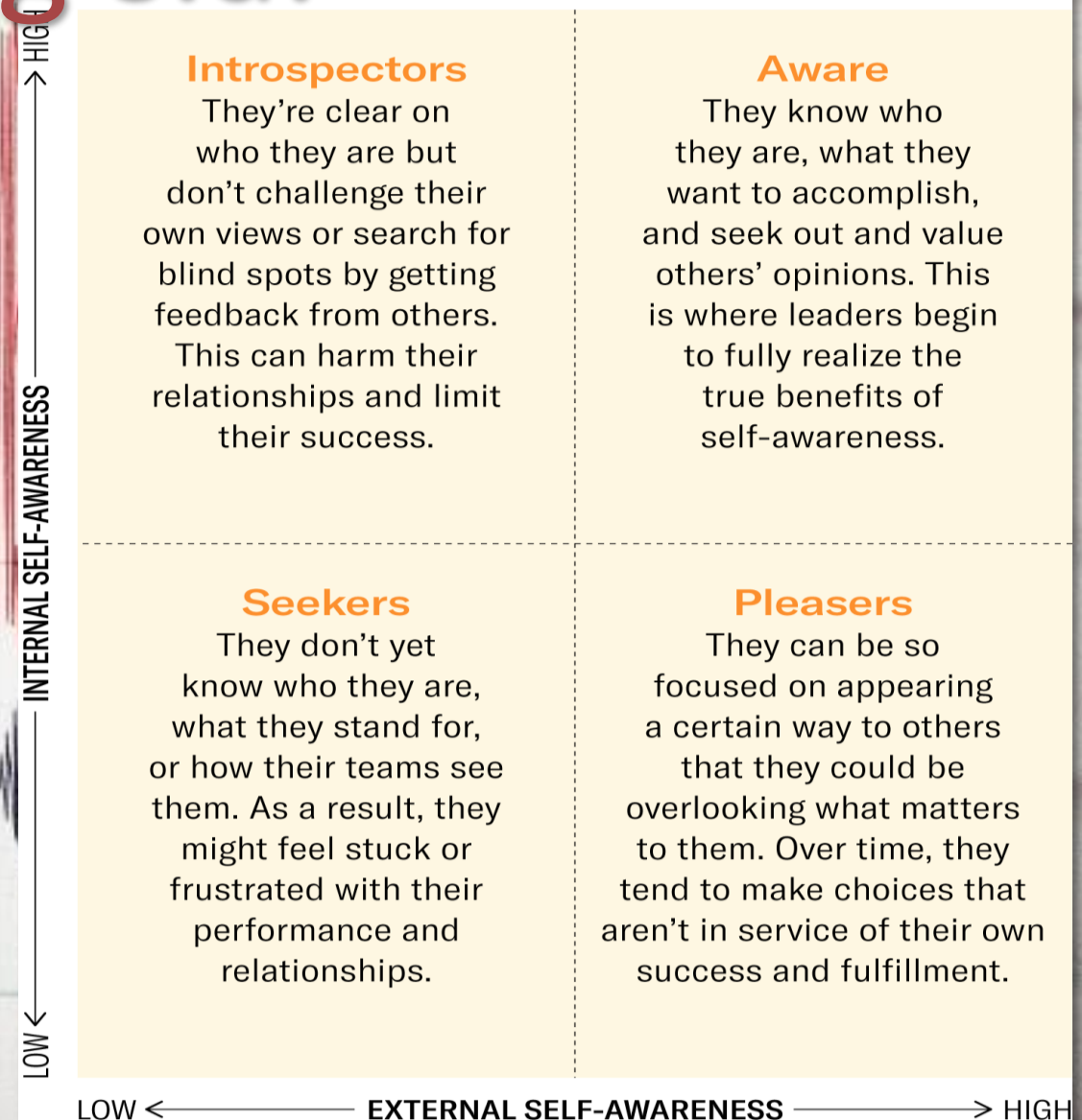
five wing six

Fives with a Six wing are highly analytical, detail-oriented, and mentally alert. 5w6s are keen observers of the world around them and are drawn toward facts and details. These Fives tend to be disciplined and cooperative, using their knowledge and understanding to accomplish specific goals. 5w6s have been called the most intellectual and also the most emotionally restrained on the Enneagram: they tend to be very private with their feelings, but they find a few essential people in their lives and stick with them. While 5w4s are intensely introspective, 5w6s tend to use their strengths to understand the world around them. These Fives are adept problem solvers, considering infinite variables, dissecting issues, and discovering the best approach. They are typically more pragmatic, cooperative, and organized than 5w4s, but can also tend to be more antagonistic, especially when others disagree with their ideas.

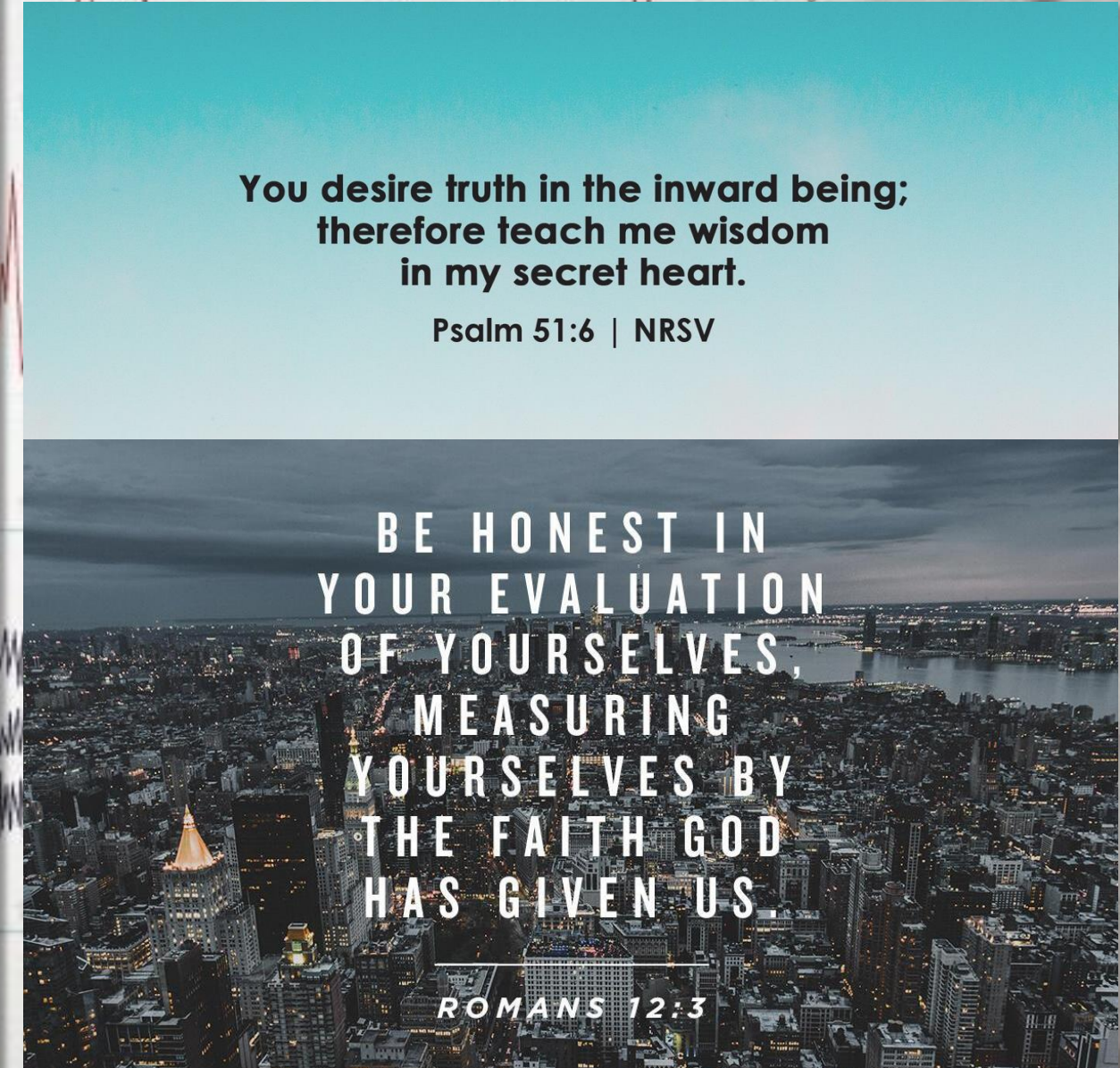
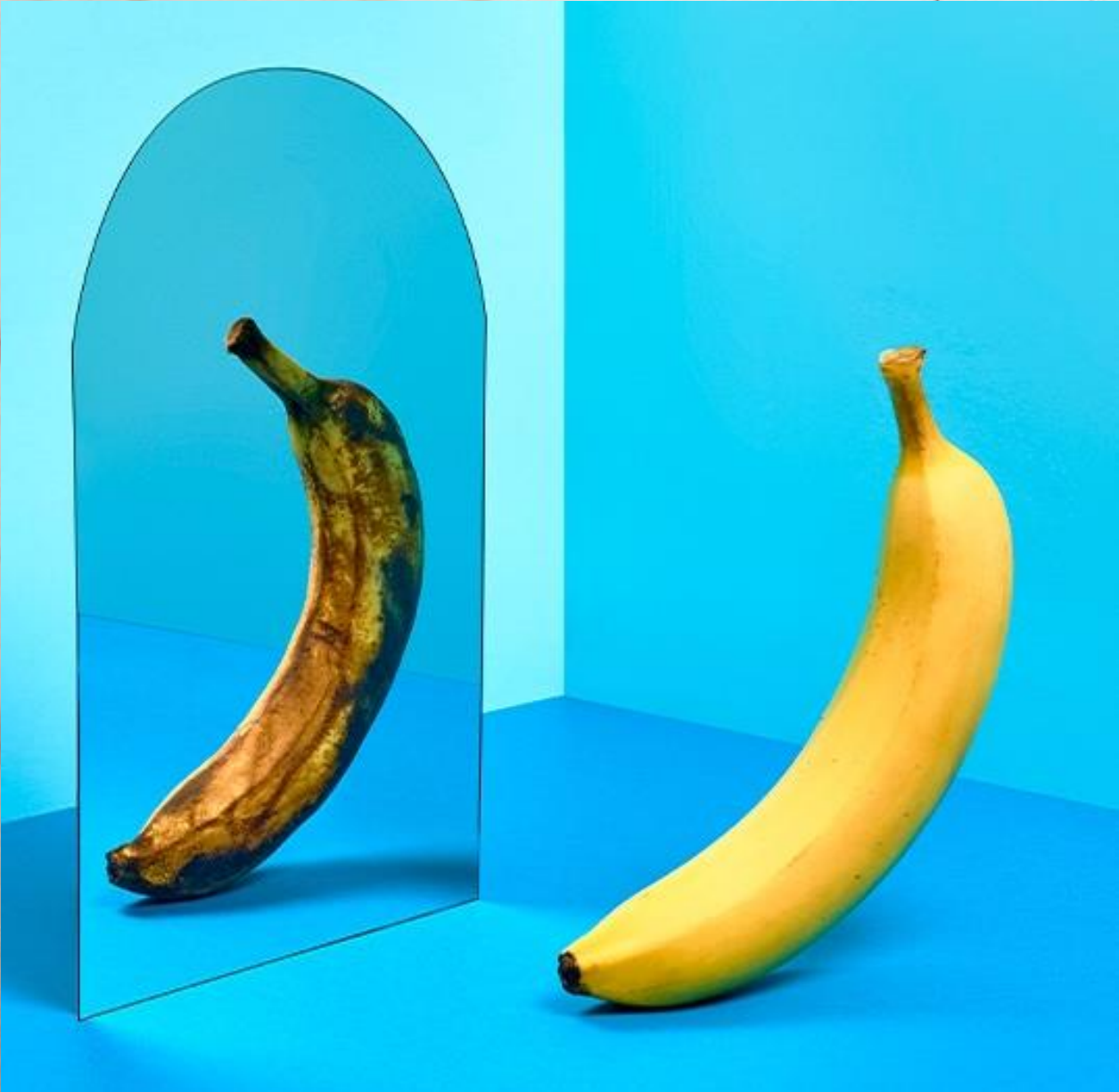
improving s.a.

Why Increase your Self-Awareness?

- A better understanding of what you need
- Better decision making
- Decreased reactivity to situations and people
- Increased self-esteem
- Recognizing what you do well and what you struggle with
- Aligning with your values and living a more congruent life
- Being better in relationships as you learn how others perceive you
- Being able to better manage emotions
- Reduces stress as you know how to decrease anxiety for yourself



the truth of ourselves



**You desire truth in the inward being;
therefore teach me wisdom
in my secret heart.**

Psalms 51:6 | NRSV

**BE HONEST IN
YOUR EVALUATION
OF YOURSELVES,
MEASURING
YOURSELVES BY
THE FAITH GOD
HAS GIVEN US.**

ROMANS 12:3

Justification



Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector.

The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not like other people - cheaters, sinners, adulterers. I'm certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.'

"But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.'

I tell you, this sinner, not the Pharisee, returned home justified before God...

Honest to God

GOD
KNOWS
EVERYTHING
ABOUT YOU

O Lord, you have
examined my heart
and know everything
about me.

Hebrews 4:13, "Nothing in all creation is hidden from God. Everything is naked and exposed before His eyes, and He is the one to whom we are accountable."

cultivating self-awareness

SEARCH ME,
GOD, & KNOW

my heart

P S A L M 1 3 9 : 2 3

1. **Avoid asking “WHY” questions** – they often lead to blame or shame and lead to unproductive thoughts and emotions.
2. **Ask “WHAT” questions** that help you to stay objective, future focused, and action oriented: What sort of person do I want to be? What values do I have? What steps am I taking to cultivate my person and live out my values?
3. Improve your external self-awareness by **getting feedback from “loving critics”** – people who have your best interests in mind and are willing to tell you the truth.
4. **Invite God into your inner-dialogue**, *“Point out anything in me that offends you.”*