

Self-Awareness and Self-Reflection Prompts

- What situation has been triggering the same reaction in me repeatedly?
- What do I usually do when I feel rejected or misunderstood?
- Which situations make me feel most like myself?
- What am I pretending not to know about a situation in my life?
- What personal value do I want my choices to reflect more clearly?
- What expectation am I holding myself to that I would never place on a friend?
- What have I learned about myself from a recent mistake?
- When do I feel most confident, and what conditions make that confidence easier?
- What behavior in other people tends to bother me most, and why might it affect me so strongly?
- What is something I have outgrown but still feel attached to?
- What part of my personality do I tend to hide around other people?
- What would I understand differently about myself if I stopped judging my reactions?

