# SELF-AWARENESS

## DEFINITION

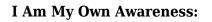
Self-awareness is the conscious knowledge of one's own character, feelings, motives, and desires. It is the ability to reflect on oneself and recognize patterns in one's thoughts, behaviors, and emotions. Through self-awareness, individuals can understand their strengths, weaknesses, and how they are perceived by others.

### TYPES

- Internal self-awareness: This is the recognition and understanding of one's internal states, preferences, emotions, and thoughts.
- External self-awareness: This
  pertains to understanding how
  others perceive us in various
  contexts and situations, helping us
  to navigate social situations.

## I Am My Own Awareness

**RS Peters** 



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