

Self Awareness

Self awareness as a construct can be defined in multiple ways, but when those definitions are examined to identify common elements, consistency among the many definitions emerges. Self-awareness deals with awareness from the both internal and external perspectives. Those dual perspectives allow individuals to understand their place within the environment and to express behaviors and cognitions that compliment harmony between self and other. Self awareness is not a skill that is inherent within the human condition. To be sure, active self awareness comes only after conscious self-reflection comes to be a part of the lived experience.