



How To Build Self Awareness

BY - DIONNE SIMPSON



About Me

Firstly, welcome to the Love Laid Bare tribe!

The fact that you've downloaded this E-book tells me that you are serious about making some changes in your life by digging a bit deeper into yourself.

My name is Dionne and I have been on my self awareness journey since 2016 which was a massive year for me. I had my first child and also separated from my long term and relationship that began when I was in my teens.

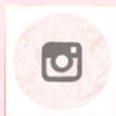
I had spent all of my adult life being joined to someone else and I really thought I knew who I was! Once you embark on this journey you will soon realise that self awareness is a life long journey.

So, I would like to share with you some tips that I use to increase my mental wellbeing by becoming more self aware.

*Disclaimer - The guidance provided is no substitute for actual counselling with a qualified therapist.

*The Japanese say you have three faces.
The first face, you show to the world.
The second face, you show to your close friends,
and your family.
The third face, you never show anyone.
It is the truest reflection of who you are.*

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Learn how to document your thoughts and feelings in a quick and easy way.

2 MIRROR WORK

When was the last time you spoke to yourself in the mirror? I'll show you how to get going and the benefits of mirror work.

3 MY TOXIC TRAITS

How to identify your toxic behaviours and what you can do about them.

4 MY TRAUMAS

Identifying events or situations that may still have an affect on you.

5 NEXT STEPS

You've done the first steps, now what?





The first step to gaining self awareness is by building a rapport with yourself. We all have conversations with ourselves throughout the day, whether it be about big decisions like our finances or what to make for dinner.

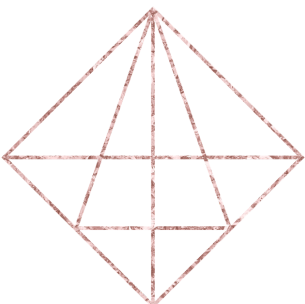
How often do you speak out loud to yourself and mull over your day?

When do you speak to yourself about any problems that you're facing?

- For the next **7 days** I'd like you to spend a minimum of 5 minutes speaking to yourself out loud.
- Use the voice recorder app on your phone or tablet and record these mini sessions. It is important that you allow this to be a free flowing conversation.

If you dislike the sound of your voice, you'll get over it!

You can make notes on how these sessions make you feel in the journal section.



Self Sessions

Grab your phone!

Mirror Work

MIRROR MIRROR ON THE WALL.....



Mirror work is a very powerful way to delve deep into the mind.

How many times in a day do you catch a glance of yourself in the mirror?

More than likely the main purpose of your mirror is to make sure your appearance is looking right. Hair, make up, appearance and clothes are usually the things that we are checking out when we look into the mirror.

I want you to try and look beyond your appearance and just look at yourself in the mirror for 20 mins.

- You'll need to be undisturbed for this period of time, so put your phone on silent and put the kids to bed if need be.
- You can either sit or stand, just make sure that you are comfortable.
- I want you to focus on your eyes. Make eye contact with yourself for as long as you can and don't worry if your eyes wander over the rest of your body.
- Where does your mind go in this period of time? What are you feeling? Make notes in the journal pages.

Repeat this at least twice over the next 7 days and note down anything new that comes up.



My Toxic

Traits

What behaviours
are holding me
back?



This part of the journey to self discovery is tough.

No one wants to really admit that they exhibit toxic behaviours because we essentially don't want to be seen as bad people.

The downside of this is that your toxic behaviours are **LIMITING YOU!**

This toxic behaviour is blocking you from giving and receiving pure authentic love. Whether it be to your spouse, partner, children or friends. Your limiting beliefs about yourself are preventing you from walking in all your glory and living the life you deserve.

Examples of toxic behaviours that you may have are:

- Playing the victim
- Being wrong and strong
- Passive aggressive
- Always needing to be right
- Jealous tendencies
- Perfectionist
- Judgemental
- Negative & Pessimistic

Sometimes we are unable to see our toxic traits because they can become part of who we are. Ask someone close to you (and that you trust) to give their honest opinion. It might sting a bit, but try and be gracious in how you receive their insight. Make notes in the journal section and describe how identifying these traits makes you feel.

Listen to the episode where we speak on different types of toxic behaviours for more guidance. [Click here](#) and don't forget to subscribe.

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My Traumas



I am hoping that by following the activities in the previous pages, you have been able to identify some key things in your self awareness journey.

More often than not, our toxic traits are as a result of something that happened to us or affected us in some way. This could be something from your childhood, teenage years or even as an adult. **Trauma does not discriminate.** It happens to all of us at some point in our lives .

You may have already identified what your traumas are from the previous exercises, if not spend some more time doing your self sessions and mirror work.

Draw a Life Journey Line and write down the key things that have happened in your life. Does this bring up anything that you may have forgotten?

Below is an example of a Life Journey Line . Use the journal section to reproduce this and make notes.

Birth Primary school First partner First child Present Day



I Am Not Broken



Next Steps.

Well Done!
I Am So Proud Of
You!

Looking at yourself to the extent that you have is hard.

You may have dug up some painful things that happened in your past but that are still affecting you now.

Sit with these feelings, you have avoided them for long enough.

If you are familiar with Love Laid Bare you should know what my recommendation is going to be. If not, here it goes.....

FIND A THERAPIST!

Your journey to self awareness can of course stop right here, but why? Yes, this workbook may have helped you identify a few things, but the real work starts now!

You've come this far, why stop now?

Self awareness forms a major part of your healing process and traditional talking therapy with the right therapist is crucial.

A quick google search will help you find therapists in your area, however recommendations are also good. You can visit our [Resources Page](#) for other support services.

If you're honestly not ready to seek counselling just yet or if finances are an issue, that is okay!

Get yourself a journal and repeat the activities as often as you can. Review your progress every 4-6 weeks.





Thank
you!
Love,
Dionne



I hope you have found this workbook helpful.

These are just some of the tools that I have used over the years to get to know myself better.

I am constantly discovering things about myself that I wasn't aware of.

Different people and experiences will always pull things out from you. Whether they are positive or negative, always ask yourself

'WHAT CAN I LEARN FROM THIS?'

I'll leave you with this affirmation:

"I am learning about myself everyday and I am loving the person I am about to become"

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Journal Notes



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