Peeling Back the Onion of Self-Awareness

Surface to core belief exploration

Printable worksheet · 14 parts

Name _____ Date _____

Peeling Back the Onion of Self-Awareness in Recovery

A comprehensive worksheet to explore different layers of understanding, from surface behaviors to core beliefs.

Name

Date

Self-Awareness Strategy Map

Surface Layer

Observable behaviors and initial self-understanding

Emotional Core

Identifying and expressing emotions effectively

Pattern Recognition

Recurring themes in relationships and recovery

Values Alignment

Core values and authentic expression

Belief Systems

Examining and challenging core beliefs

Deeper Layers

Motivation, defenses, and shadow integration

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- Part 10 · Shadow Work
- Part 11 · Growth Edge Identification
- Part 12 · Progress Tracking
- Part 13 · Integration Planning
- Part 14 · Commitment and Reflection

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PART 1 OF 14

Surface

Date

Part 1: Surface Layer Awareness

1. Describe your current self-understanding:

How do you understand yourself currently?

2. List five behaviors you want to understand better:

Behavior 1

Behavior 2

Behavior 3

Behavior 4

Behavior 5

3. Rate your current self-awareness level (1-10):

1-10

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PART 2 OF 14

Emotional

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Part 2: Emotional Awareness

4. Track daily emotions:

Emotion

Trigger

Response

Impact

5. List emotions you find difficult to identify:

Emotion 1

Emotion 2

Emotion 3

List emotions you find difficult to express:

Emotion 1

Emotion 2

Emotion 3

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PART 3 OF 14

Patterns

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Part 3: Pattern Recognition

6. Identify recurring patterns in relationships:

Pattern 1

Pattern 2

Pattern 3

Identify recurring patterns in recovery:

Pattern 1

Pattern 2

Pattern 3

Identify recurring patterns in daily life:

Pattern 1

Pattern 2

Pattern 3

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Values

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Part 4: Values Exploration

7. List your core values:

Value

Current Expression

Desired Expression

8. Identify value conflicts:

Conflict 1

Conflict 2

Conflict 3

9. Create value alignment plan:

How will you align your actions with your values?

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PART 5 OF 14

Beliefs

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Part 5: Belief System Analysis

10. List core beliefs about yourself:

Belief 1

Belief 2

Belief 3

List core beliefs about others:

Belief 1

Belief 2

Belief 3

List core beliefs about recovery:

Belief 1

Belief 2

Belief 3

11. Examine belief origins:

Belief

Source

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Belief

Source

Belief

Source

12. Challenge limiting beliefs:

How can you challenge and reframe limiting beliefs?

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PART 6 OF 14

Motivation

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Part 6: Motivation Investigation

13. Explore what drives your decisions:

Driver 1

Driver 2

Driver 3

Explore what drives your actions:

Driver 1

Driver 2

Driver 3

Explore what drives your reactions:

Driver 1

Driver 2

Driver 3

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Feedback Integration

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Part 7: Feedback Integration

14. Feedback about strengths:

What strengths have others identified?

Feedback about growth areas:

What areas for growth have been mentioned?

Feedback about blind spots:

What blind spots have been revealed?

Openness from family (1-10):

From professionals (1-10):

From peers (1-10):

16. Create feedback action plan:

How will you integrate feedback?

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PART 8 OF 14

Mindfulness Practice

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Part 8: Mindfulness Practice

17. Design daily mindfulness routine:

Morning practice

Afternoon practice

Evening practice

18. List body awareness practices:

Practice 1

Practice 2

Practice 3

19. Create present-moment anchors:

What helps you stay present?

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PART 9 OF 14

Defense Mechanism Recognition

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Part 9: Defense Mechanism Recognition

20. Identify your common defenses:

Defense mechanism

What triggers it?

Impact on recovery

21. List healthier alternatives:

Instead of...

Try...

Instead of...

Try...

Instead of...

Try...

22. Create implementation plan:

How will you implement healthier responses?

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PART 10 OF 14

Shadow Work

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Part 10: Shadow Work

23. List aspects of yourself you tend to hide:

Hidden aspect 1

Hidden aspect 2

Hidden aspect 3

List aspects of yourself you tend to deny:

Denied aspect 1

Denied aspect 2

Denied aspect 3

24. Explore integration opportunities:

How can you integrate these aspects?

25. Create shadow acceptance plan:

How will you work toward accepting all parts of yourself?

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PART 11 OF 14

Growth Edge Identification

Date

Part 11: Growth Edge Identification

26. List current growth edges:

Growth edge 1

Growth edge 2

Growth edge 3

27. Create exploration plan:

Edge 1

Approach

Edge 2

Approach

Edge 3

Approach

28. Set growth markers:

How will you measure growth?

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Progress Tracking

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Part 12: Progress Tracking

29. Set three self-awareness goals:

Goal 1

Goal 2

Goal 3

30. Create measurement criteria:

Goal 1

Markers

Goal 2

Markers

Goal 3

Markers

31. Establish review schedule:

When will you review progress?

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Integration Planning

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Part 13: Integration Planning

32. List daily awareness practices:

Practice 1

Practice 2

Practice 3

33. Create maintenance plan:

Daily check-ins

Weekly reviews

Monthly assessments

34. Plan for continued growth:

How will you continue developing self-awareness?

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Commitment and Reflection

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Part 14: Commitment and Reflection

40. What have you learned about yourself?

Key learnings and insights...

41. How will deeper self-awareness support recovery?

Connection between self-awareness and recovery...

42. Create three awareness affirmations:

Affirmation 1

Affirmation 2

Affirmation 3

43. Final commitment statement:

I commit to...

Remember: Self-awareness is an ongoing journey of discovery. Each layer revealed brings new insights and opportunities for growth in your recovery.

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