

Self Awareness Test

Patient Information

Name: Alex Turner

Age: 32

Date: Jan 17, 2024

This test helps identify areas where patients may need to develop greater insight into their emotions, thoughts, and behaviors.

Understanding Self-Perception

How do you describe yourself? List your qualities and traits:

Ambitious, independent, sometimes impatient, strategic thinker.

How do you think others perceive you? List the qualities and traits you believe others associate with you.

Confident, assertive, a bit aloof, intelligent.

Emotional Awareness

Identify and list your common emotional responses in stressful situations.

Frustration, irritability, occasionally anxiety.

How do you typically manage and express these emotions?

Internalize feelings, occasionally snap at others, use exercise to manage stress.

Understanding Strengths and Weaknesses

List your strengths and the situations in which you feel most confident.

Problem-solving, working under pressure, confident in leadership roles.

List your weaknesses and the situations that challenge you the most.

Impatience with slow processes, difficulty in empathizing, struggles in collaborative environments.

Self-Reflection on Past Experiences

Reflect on a recent decision you made. Why did you choose that course of action?

Decided to take a business risk for potential growth. Chose it for potential financial gain and career advancement.

Think of a recent conflict or difficult situation. How did you handle it, and what was the outcome?

Conflict with a colleague over project direction. Attempted to negotiate but ended up pushing my agenda, causing some tension.

Understanding Personal Values and Beliefs

List your core personal values and beliefs.

Efficiency, success, innovation, independence

How do these values and beliefs influence your daily decisions and interactions?

Drive for efficiency and success influences my work ethic and decision-making. Sometimes leads to overlooking others' input.

Setting Future Goals for Self-Improvement

Identify areas in your life where you want to improve your self-awareness.

Better understanding of emotions, improve empathy, balance between ambition and teamwork.

What steps can you take to enhance your self-awareness in these areas?

Mindfulness practices, seeking feedback from colleagues, team-building activities

Health Professional's Observations and Details**Observations and recommendations:**

Alex shows strong self-awareness in some areas but lacks in emotional intelligence and teamwork. Recommend focused therapy on empathy development and collaborative skills.

Name of Health Professional and Signature:

Dr. Jane White

Name of Practice: Insightful Minds Therapy Center