

## Reflective/Awareness Exercise

### Phase 1

1. Take 5 minutes a day and read through a list of emotions. Just read through them the first 3 days.
2. Day 4 write down some categories that are pertinent to your life. Ex: self, spouse, kids, work, personal time, goals, etc. Just spend 5 minutes with your list of feelings and ask yourself how you feel about each are for the next 4 days.
3. Starting week two, have your categories written out and have your list of feelings and ask yourself “How you feel about each category?” and “Why do I feel this way?” Do this for 1 week. (I encourage you write the categories down and each day do a little journaling in each category writing out the “how and why” for the categories. This should take about 5-10 minutes a day. Ideally in a quiet place without distractions.

### Phase 2

1. By now you should have your categories going and some awareness of how and why you feel about these categories. This next step is to BRAINSTORM solutions to the negative feelings using anything and everything within your control. You should be thinking strictly about what you can do to change the negative feeling without requiring somebody else to do something. DRAW A CIRCLE AROUND YOURSELF! That is ALL you have control over!!!
2. Spend at least a couple days thinking about the solutions and which one you would be most likely to follow through with. BE REALISTIC!

### Phase 3

1. Execute! It is time to follow through with the solution you feel you have control over and speak words or take action to resolve the conflict areas of your life.

This is a process we should do daily instead of internalizing our problems! When we internalize, we have stress, anxiety, and depression. This exercise is to make you aware of what is going on inside of you and can be used in family discussions as well to get the family communicating and aware of what's going on as well.