



The Healing Collective

BUILDING A RELATIONSHIP WITH ONESELF

1. Reflect on Core Values and Beliefs

- Understanding core values—such as honesty, compassion, and independence helps clarify what truly matters to you.
- Journaling about key beliefs, asking where they originated, and considering if they still serve you can lead to deep insights about who you are versus what you've been taught.

2. Observe Reactions and Emotional Triggers

- Pay attention to strong emotional reactions in different situations. Emotions often signal underlying values, fears, or unresolved issues.
- Ask yourself, "Why did I react this way" or "What about this situation makes me uncomfortable?" to uncover patterns and triggers.



3. Seek Alone Time and Practice Mindfulness

- Being comfortable with solitude can be a powerful way to connect with your authentic self, away from external influences.
- Mindfulness and meditation help tune into your thoughts without judgment, fostering self-acceptance and a clearer understanding of your own inner landscape.



4. Examine Strengths and Weaknesses

- Self-assessment exercises or personality tests (like the Myers-Briggs Type Indicator, StrengthsFinder (or Enneagram) can offer structured insights.
- Reflect on past achievements and failures to identify recurring strengths and areas for growth.

5. Identify Your Passions and Joys

- Engage in activities that excite or fulfill you. Notice where you feel energized, fulfilled, or "in the flow."

Exploring interests deeply can illuminate aspects of your personality and values you might not otherwise discover.





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6. Observe Relationships and Interpersonal Patterns

- Pay attention to how you relate to others, particularly in close relationships. Reflect on recurring dynamics or conflicts, as they often reveal unmet needs or fears.
- Seek feedback from trusted friends or family who know you well, as they may see patterns in your behavior that you're unaware of.



7. Set Goals and Reflect on Their Meaning

- Goal-setting reveals desires, aspirations, and sometimes fears. Take note of why certain goals matter to you; this can illuminate your underlying motivations.



8. Acknowledge Past Experiences and Growth

- Reflect on pivotal life events, both positive and negative, and how they shaped your current worldview.
- Embracing the lessons from your past, including traumas or regrets, allows for a more compassionate and nuanced understanding of yourself.

9. Challenge Your Comfort Zone

- Trying new things can reveal parts of yourself that routine may keep hidden. New experiences—especially those that challenge or scare you—expand your self-knowledge and build resilience.

10. Continual Self-Acceptance and Adaptation

- Recognize that self-knowledge is a lifelong journey. As you grow and change, remain open to evolving and adapting your understanding of yourself.
- Embrace self-compassion, knowing that flaws and mistakes are part of the human experience and don't define you.

