

Social Intelligence with Louise Anne Maurice

Self Discovery: The Keys to Understanding the Self

Take your responses from your Part 1 Self-Awareness Exercise to complete the Part 2 Self-Awareness Exercise .



EXERCISE: What did you discover from your Trigger Tree? How did the people trigger you? What feelings were validated? When you felt triggered, what judgments did you make about the person's reputation? What critical words did you use to discredit their credibility? How did you blame them? What complaints did you have about them? Were your reactions mainly negative or positive? Do you see those qualities visible in your life? Do you get involved with similar people? Do you want to build upon this foundation or make changes?



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