



## SELF ASSESSMENT REFLECTION GUIDE

"What we give our attention to will shape the person we are becoming."

- John Mark Comer

"Self awareness is the will and skill to understand who we are and how other people see us."

-Tasha Eurich

OBSERVE: LOOK HONESTLY AT WHAT BEHAVIOR OR THOUGHT PATTERN EXISTS

What behavior or thought pattern is causing pain or tension in your life or the lives of those around you?

When did this first start?

Why do you choose this? What does it "accomplish" for you?

What did you start to believe that created this response?

What about that belief is untrue? Identify the lie.

## IDENTIFY: ACKNOWLEDGE HOW THIS PLAYS OUT AND CREATES PAIN OR TENSION

How does this behavior/pattern first start in your mind?

What emotions are attached to this pattern or behavior?

How does this then play out in your words, actions and responses?

How does this then impact your relationship with God, others and yourself?

What are the consequences that you and others are left to absorb/deal with?

## ENGAGE: TAKE A STEP TOWARDS CHANGE

What truth replaces the lie you are believing that lends itself to the behavior?

How can you interrupt the pattern and take action to live the truth in the moment instead of giving in to the lie?

What are you looking for in other people or in life that is meant to be found in God?

Who do you need to invite into this process with you?

Read Psalm 139. In your own words, ask God to search you and know you and lead you.