

Self-Awareness Exercise

As you work on Self-Awareness this exercise is about identifying ADD/ADHD behaviors and co-occurring disorders. Are you *aware* of them, do you *acknowledge* them, do you *own* them? or are we in denial requiring others to point them out to us?

Step 1 – Place an X in the Self-Awareness block adjacent to the behaviors & co-occurring disorders that YOU FEEL apply to you. In the blank spaces enter additional behaviors that you feel apply to you.

Step 2 – Print a second copy and provide it to a trusted friend or family member. Ask them to check (X) under Other's Perceptions and adjacent to behaviors & co-occurring disorders THEY FEEL apply to you. Also, identify what the behavior / disorder appears like to them. See Example on the second row:

Behaviors & Co-Occurring Disorder	Self-Awareness	Other's Perception If yes please indicate why?
Example: Controlling	X	X – Bill never tells me about decisions he makes at work that affect our home life. I don't feel I have any input into the decision or outcome.
Impulsive		
Forgetful		
Lose Things		
Creative		
Late		
Controlling		
Generous		
Curious		
Manipulative		
Argumentative		
Needs to be Right		
Can't Self-Soothe		
Defensive		

Self- Awareness Exercise

Hardworking		
Low Frustration Tolerance		
Poor Money Management		
Communication Problems		
Scattered		
Intelligent		
Too Agreeable		
Likes to be the Victim		
Anxiety		
Kind		
Depression		
Personable/Sociable		
Very Critical		
Apologizes too much		
Lacks Empathy		
Exciting		