

Name: _____

Date: _____

Gaining Self-Awareness

S J M P A R U N T G N S Y P N B U A U W W D W D
N A K P I S E C R O F S U O I C N O C N U L N U
R U S Y W N P H Y W I Y Z W W B Y I S L A I J S
E Z T U N H E X B Q T S O Q X H Y J R Q D S Z G
T Z A J U R O K U C W P D D Y C S G R Y U U G Y
T E T L A S U M Z K N T S I K G G T E F L F R D
A C T R R Q F B K B Z Q L Y I H S T S S T F N O
P G R Z V A T E K L N Q R W L X S R N S S N Y R
T D I X I V U Y I C A L Y A Q F G R D P N Q E V
H G B W M S C B P L H T F G E E E X A E B W A N
G K U N X A E B R W E W F I O T M L B F R H E G
U V T C J V Z L Z R S B L L T Z H M T I L S B O
O P I K U S M O F N K E E A E T U X T A W B P G
H W O L Z C O T O E B E P R V S P E L Q N A I N
T I N A E Z R I M D S R K S O L P A G N M A O U
Z R S E A D T B E D U T J Q P C D F A S W T B V
I B A E F C P T E O S X E I F G H K Y S P B H W
C H L C N S A M I X J J H E Y I R I N E D C L Q
M S O U C D K V Q G Q A E M M B L D S S O U M Y
L Y J D T M A G G F E X A X D Y F R Y X M H Q K
T N R U I H L L U S K I F Z R G C G M A A X P D
I S O Y E E E M O T I O N A L P A T T E R N S U
N X D B D E R A G B R T K X Q C L U M E D E L X
I A E G A T O B A S F L E S G S P Y M J X U S S

emotional patterns
outdated beliefs
attributions
injunctions
rewrite

behaviour patterns
thought patterns
core beliefs
self-talk
adults

unconscious forces
self-sabotage
self-esteem
amygdala