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# Self-Exploration



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# Self Exploration-Definition

- It is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me has to be judged within myself



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# Aspects of Self-Exploration

- Natural acceptance
- Experiential validation



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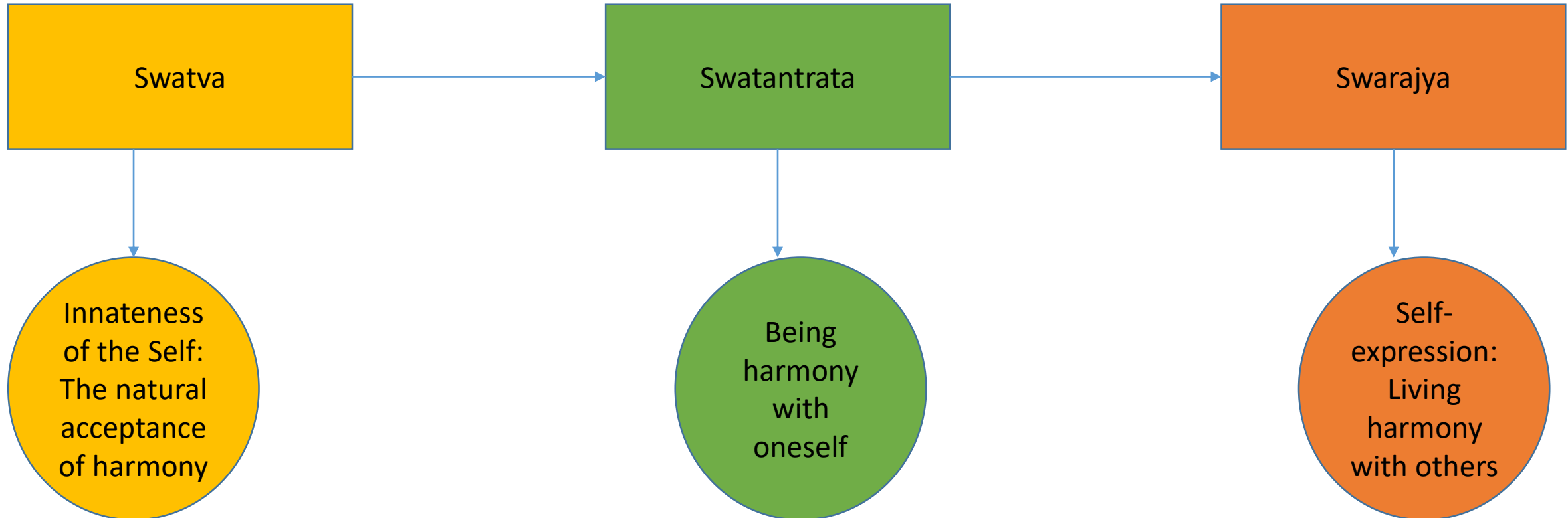
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# Purpose of Self-Exploration

- Process of dialogue between “what you are” and “what you really want to be”
- Process of self-evolution through self-investigation
- Process of knowing oneself and through that knowing the entire existence
- Process of recognizing one’s relationship with every unit in existence and fulfilling it
- Process of knowing human conduct, human character and living accordingly
- Process of being in harmony in oneself and in harmony with entire existence
- Process of identifying our innateness and moving towards self-organization and self-expression



# Process of Self-Exploration





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ऋग्वेद १-८९

**"Let noble thoughts come to me from all directions"**





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# Self-Awareness



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# Self-Awareness

- Having clear perception of your personality including strengths, weaknesses, thoughts, beliefs, motivation and emotions
- It allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment





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# Why Self-Awareness?

- Able to make changes in the thoughts and interpretations you make in your mind
- Changing the interpretations in your mind allows you to change your emotions
- Allows you to see where your thoughts and emotions are taking you. It also allows you to take control of your emotions, behaviour, and personality so you can make changes you want
- Until you are aware in the moment of your thoughts, emotions, words, and behaviour, you will have difficulty making changes in the direction of your life



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# Self-Awareness in Relationships

- Emotional quality of relationships
  - Understanding thought and, behaviour patterns
  - Empathize with people



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# How to develop Self-Awareness?

- Mindful attention
- Heightened awareness
  - Through changing interpretations of the mind



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# Self-Satisfaction



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# Self-Satisfaction

- Is a sense of absolute fulfilment with oneself and one's accomplishments
- According to Victor Frankl
  - Meaning in life
    - experiencing the value of another person
    - involving oneself in creative deeds
    - developing virtues such as compassion, bravery, good sense of humour, etc.
- Carl Rogers' Congruence and Incongruence
  - Real self and ideal self
- Abraham Maslow's Self-Actualization
  - Natural acceptance, independent, few intimate/emotional relationships, philosophical sense of humour



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