



## Self-Awareness Exercise

*Complete these sentences:*

1. On vacation, I like to \_\_\_\_\_
2. If I had fifty dollars, I would \_\_\_\_\_
3. The happiest day in my life was \_\_\_\_\_
4. My favorite vacation place is \_\_\_\_\_
5. My bluest days are \_\_\_\_\_
6. I am best at \_\_\_\_\_
7. On rainy days I like to \_\_\_\_\_
8. On weekends, I spend most of my time doing \_\_\_\_\_
9. At parties I always \_\_\_\_\_
10. When I go out to dinner, I like to go to \_\_\_\_\_
11. The types of movies I like are \_\_\_\_\_
12. If I need exercise, I \_\_\_\_\_
13. Every summer I always \_\_\_\_\_
14. The types of books I like are \_\_\_\_\_
15. I like to be with friends when \_\_\_\_\_
16. When I am sad, to cheer up I will \_\_\_\_\_
17. The type of music I like is \_\_\_\_\_
18. When I go shopping, I like to \_\_\_\_\_



## Getting Your Needs Met

*Everyone needs to be appreciated, known, and loved—by someone. How well are your emotional needs being met by your support network? Use the questions below to help you reflect.*

**Listening.** We all need someone to hear us and to understand where we're at—to pay attention to us. To whom in your life right now do you look primarily to listen to you? List one person only.

**\*\*Ignore the % marks for now\*\***

\_\_\_\_\_ %

**Accepting.** We all need not only someone to listen to us but someone to accept us and tell us we are loved and that no matter what happens we're OK. To whom in your life right now do you primarily look for emotional support? Name your primary emotional supporter.

\_\_\_\_\_ %

**Challenging.** At times, we all need someone to give us feedback, to tell us whether we're crazy, whether we're misinterpreting—someone to hold a mirror up to us and help us see ourselves from the outside. To whom in your life right now do you primarily look for this challenge? Who do you trust most for feedback?

\_\_\_\_\_ %

**Affirming.** We also need someone to tell us that we're good at what we do. Whether our profession is household work or office work, whether we're paid for our work or not—we all want someone to praise us for our skills and for a job well done. To what individual in your life right now do you primarily look for this support? Who affirms your competence?

\_\_\_\_\_ %

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Now look back over the people you've listed and ask yourself how successfully that person fulfills this need for you. Use percentages to estimate the answer (10%, 28%, 98%, etc.) and record your answers next to the name. Then, mark any need that is not fulfilled at least 75% of the time. For those needs you might want to search for additional support. List two or three other people who could potentially fill this need for you.

### Examine your reflections.

Do you rely primarily on one person to fulfill all your needs or on many different people?

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Do you ever look for a need to be fulfilled by a person who is unlikely to ever come through for you?

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Who else would you like to recruit for your support network?

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How could you plan now to begin developing these other relationships?

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Observations \_\_\_\_\_

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# How to Achieve Good Emotional Health Handouts



## Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to [sue.weinberger@cignabehavioral.com](mailto:sue.weinberger@cignabehavioral.com)

Your company: \_\_\_\_\_

Seminar date: \_\_\_\_\_ Company city, state: \_\_\_\_\_

Presenter: \_\_\_\_\_ Title of seminar: \_\_\_\_\_

Definitely/Excellent 5	To a Great Extent/Good 4	Satisfactory 3	To a Small Extent/Poor 2	Minimally/Very Poorly 1
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1. Were the goals set at the beginning of the session met?

5 4 3 2 1

2. Have you learned at least one new skill that you can use in your personal or professional life?

5 4 3 2 1

3. How clearly did the facilitator present the subject?

5 4 3 2 1

4. What is your overall evaluation of this seminar?

5 4 3 2 1

5. What part(s) of the seminar did you like best, and why?

6. What part(s) did you like least, and why?

Other comments: