



# LOVE PEOPLE

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# SELF AWARENESS

This exercise will take courage.

How do others experience you?

There's one GREAT way to find out.

Ask them.

There are three stages to this exercise:

### **Stage 1—Assessment**

You will assess yourself.

You will ask three others to assess you.

### **Stage 2—Explore Patterns**

You will review all four assessments looking for patterns and themes.

### **Stage 3—Invite Transformation**

You will bring what you learned before God and ask for his grace and strength to apply what you learned.

## First Stage Assessment

Do this First Stage in three steps.

### Step 1: Prepare your heart.

Take a moment and talk to God about inhibitions, humility, courage, and any other inhibitions or qualities you need to address to fully engage this exercise. Ask God to protect you from Satan's lies and condemnation and to open your heart to the Spirit's enlightenment and conviction. When you are ready, move on to Step 2.

### Step 2: Self-Assessment

Complete the first assessment about yourself.

### Step 3: Others' Assessment

Choose three people to complete the remaining assessments about you. Choose people who...1) know you well, 2) will be open and honest with you, and 3) feel safe and would not intentionally say things to hurt you.

After they complete the assessment, you will debrief it with them verbally. This verbal interaction will give you the much-needed context for their responses. For this reason, you may want to have each person fill out the assessments as soon as you give it to them; wait for them to complete it; and then immediately follow up by discussing it with them. If that is not practical, find a simple way to follow up. The follow-up conversation doesn't need to be lengthy.



## What Presence Do I Bring? Self-Assessment

This first assessment is a self-assessment—something you fill out for yourself about how you suspect others experience you. Complete this *before* giving the other three assessments to others. Circle an answer 1–5 on this page, then answer the open question on the page that follows.

### Others experience me as...

#### COLUMN A

almost  
exclusively  
Column A

mostly Column A,  
somewhat  
Column B

equally  
Columns A & B

mostly Column B,  
somewhat  
Column A

almost  
exclusively  
Column B

#### COLUMN B

<b>I n W o r d</b>	Encouraging	1.....	2.....	3.....	4.....	5	Discouraging
	Affirming	1.....	2.....	3.....	4.....	5	Critical
	Considerate	1.....	2.....	3.....	4.....	5	Dismissive
	Gentle	1.....	2.....	3.....	4.....	5	Abrasive
	Accepting	1.....	2.....	3.....	4.....	5	Judging
	Agreeable	1.....	2.....	3.....	4.....	5	Argumentative
	Present	1.....	2.....	3.....	4.....	5	Withdrawn
	Courageous	1.....	2.....	3.....	4.....	5	Fearful

<b>I n D e c i s e</b>	Compassionate	1.....	2.....	3.....	4.....	5	Insensitive
	Kind	1.....	2.....	3.....	4.....	5	Uncaring
	Helpful	1.....	2.....	3.....	4.....	5	Uncooperative
	Healing	1.....	2.....	3.....	4.....	5	Hurtful
	Dependable	1.....	2.....	3.....	4.....	5	Unreliable
	Flexible	1.....	2.....	3.....	4.....	5	Controlling
	Compliant	1.....	2.....	3.....	4.....	5	Stubborn
	Available	1.....	2.....	3.....	4.....	5	Inaccessible
	Centered	1.....	2.....	3.....	4.....	5	Anxious
	Decisive	1.....	2.....	3.....	4.....	5	Wishy-Washy

<b>I n A t t i t u d e</b>	Hopeful	1.....	2.....	3.....	4.....	5	Cynical
	Humble	1.....	2.....	3.....	4.....	5	Arrogant
	Open	1.....	2.....	3.....	4.....	5	Closed
	Brings Peace	1.....	2.....	3.....	4.....	5	Brings Anxiety
	Enjoyable	1.....	2.....	3.....	4.....	5	Obnoxious
	Patient	1.....	2.....	3.....	4.....	5	Easily Annoyed
	Even-Tempered	1.....	2.....	3.....	4.....	5	Reactive
	Easy-Going	1.....	2.....	3.....	4.....	5	Uptight
	Joyful	1.....	2.....	3.....	4.....	5	Gloomy
	Confident	1.....	2.....	3.....	4.....	5	Insecure
Genuine	1.....	2.....	3.....	4.....	5	Artificial	



**Open Questions:**

➤ What do you suspect people enjoy about you?

➤ What do you suspect people would want you to be more aware of, develop, or change?



## What Presence Do I Bring? Others-Assessment

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		Others experience this person as...					
<u>COLUMN A</u>		almost exclusively Column A	mostly Column A, somewhat Column B	equally Columns A & B	mostly Column B, somewhat Column A	almost exclusively Column B	<u>COLUMN B</u>
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## Second Stage Explore Patterns

In this Second Stage, you're asked to reflect on what you heard or discovered in the process of completing the assessments in the First Stage. Use the following questions to guide your thinking.

- What did you learn or discover about how other people experience your presence?
- Were there common themes in the way the three people responded?
- In which areas was your own self-assessment most different from the assessments that other people filled out about you?
- What surprised you about this exercise? What matched your expectations?
- In what positive ways does your presence affect other people?
- In what negative ways does your presence affect other people?



### **Third Stage Invite Transformation**

Use the questions below to form a thoughtful prayer to God based on what you have learned. Use the page that follows to write this prayer. What did you discover that you need to confess? Where do you need God's help? What did you learn for which you are grateful?

What do you need to confess?

Where do you need God's help to be more of the person you want to be?

What are you grateful for from this exercise? What appreciation might you express to God?

On the page that follows, write a prayer to God with the above thoughts in mind.



## Prayer

Use the space below to write a prayer to God about your insights above.

