

# SELF- REFLECTION

Reflection gives the brain an opportunity to pause amidst chaos, untangle and sort through observations and experiences, consider multiple interpretations, and create meaning.

- Harvard Business Review



# SELF- REFLECTION

Self-reflection is  
the activity of thinking

about your own feelings and behavior,  
and the reasons that may lie behind  
them.



## **Scale of 1-10 Exercise**

Where are you today on a scale of 1-10?



# The Worry Window

My first worry this morning:	My worry as I was getting ready for the day.
My largest worry in life.	My worry about class today.



# Our weasels, gremlins, and demons



## *Reflect on...*

- What is it saying
- What does it look like?
- How do I experience this?
- *What* does it sound like?
- *Who* does it sound like



# Miniatures, Memes, Etc.

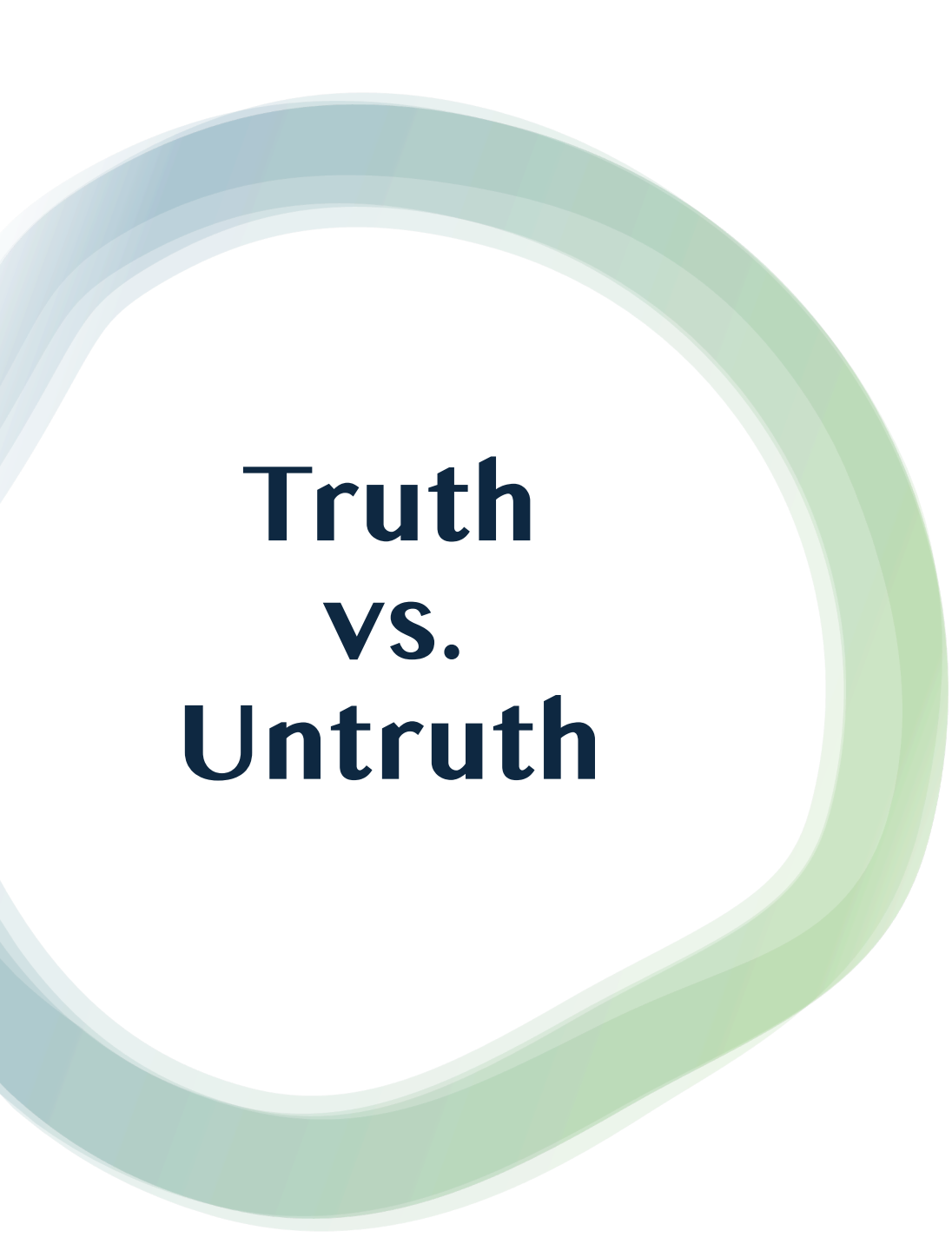






# When I was thirteen years old...

Draw a picture of the home you lived in when you were 13 years old and describe yourself and your life at that time.



# **Truth vs. Untruth**

**T** Unhealthy behavior

**R** Trigger, activating event

**U** Upset/Unhealthy behavior

**T** Truth of God

**H** Healthy response

# Truths vs. Untruths

**Life In Evaluation - INVENTORY**

Answers:      1      2      3      4      5  
                 Strongly Disagree      Neutral      Strongly Agree

God:

1. God's love can be earned.
2. God hates the sin and the sinner.
3. God will protect me from pain and suffering because I am a Christian.
4. God will reward me with earthly blessings if I obey him.
5. God will answer my prayers depending on my level of spirituality and faith.
6. God's love means that He has a wonderful plan for my life with earthly blessings.
7. God's love for me changes when I'm unspiritual.
8. God's love for me changes when my circumstances change.
9. God expects me to meet all the needs of others.
10. God can't use me unless I am spiritually strong.
11. God ordains that all of my problems are caused by my sins.
12. God reveals that my faith is weak when I have painful emotions, depression or anxiety.

Self:

13. I must be perfect.
14. I must have everyone's love and approval.
15. I must prove myself worthy.
16. I must win the comparison game.
17. I must have a high self-esteem.
18. I must be happy.
19. I must be successful.
20. I must not fail.
21. I must not feel bad or sad.
22. I must not hurt, suffer, or have pain.
23. I should not have to wait.
24. I should not delay gratification.
25. I should not have to tolerate frustration.
26. I should not be wrong.
27. I should not change.
28. I should not lose.
29. I should not age.
30. I should not die.
31. I should not experience trouble or problems.
32. I should base reasoning on feelings.
33. I can be happy only if things go my way.
34. I can avoid unhappiness and problems if I control externals.
35. I can avoid my problems by not facing them.
36. I can have it all.

World:

37. Life should meet my needs.
38. Life should be easy.
39. Life should be fair.
40. Life should be fun.
41. Life should be comfortable.
42. Life should work.
43. Life should be trouble free.
44. Life should improve.
45. Life should revolve around me.
46. Life should never be disappointing.
47. Life should never be painful.
48. Life should never be hard.
49. Life owes me.
50. Life is basically good.

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1. Am I believing lies about God?

2. Am I believing lies about myself?

3. Am I believing lies about the world?

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### HOLMES AND RAHE STRESS SCALE

Holmes and Rahe found that a score of 150 gives you a 50-50 chance of developing an illness. A score of 300+ gives you a 90% chance of developing an illness, having an accident or "blowing up". Notice that "positive times" like Christmas, marriage and vacations are stressful.

multiply event by the number of times you have experienced it in the last year

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1 DEATH OF SPOUSE	100	X	=
2 DIVORCE	73	X	=
3 MARITAL SEPARATION	65	X	=
4 JAIL TERM	63	X	=
5 DEATH OF CLOSE FAMILY MEMBER	63	X	=
6 MAJOR PERSONAL INJURY OR ILLNESS	53	X	=
7 MARRIAGE	50	X	=
8 FIRED FROM WORK	47	X	=
9 MARITAL RECONCILIATION	45	X	=
10 RETIREMENT	45	X	=
11 MAJOR CHANGE IN HEALTH OF FAMILY MEMBER	44	X	=
12 PREGNANCY	40	X	=
13 SEX DIFFICULTIES	39	X	=
14 GAIN OF NEW FAMILY MEMBER	39	X	=
15 MAJOR BUSINESS READJUSTMENT	39	X	=
16 MAJOR CHANGE IN FINANCIAL STATE	38	X	=
17 DEATH OF CLOSE FRIEND	37	X	=
18 CHANGE TO DIFFERENT LINE OF WORK	36	X	=
19 MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE	35	X	=
20 MORTGAGE OVER \$100,000	31	X	=
21 FORCLOSURE OF MORTGAGE OR LOAN	30	X	=
22 MAJOR CHANGE IN RESPONSIBILITIES AT WORK	29	X	=
23 SON OR DAUGHTER LEAVING HOME	29	X	=
24 TROUBLE WITH IN-LAWS	29	X	=
25 OUTSTANDING PERSONAL ACHIEVEMENT	28	X	=
26 SPOUSE BEGINS OR STOPS WORK	26	X	=
27 BEGIN OR END SCHOOL	26	X	=
28 MAJOR CHANGE IN LIVING CONDITIONS	25	X	=
29 REVISION OF PERSONAL HABITS	24	X	=
30 TROUBLE WITH BOSS	23	X	=
31 MAJOR CHANGE IN WORK HOURS OR CONDITIONS	20	X	=
32 CHANGE IN RESIDENCE OR SCHOOLS	20	X	=
33 MAJOR CHANGE IN RECREATION	19	X	=
34 MAJOR CHANGE IN CHURCH ACTIVITIES	19	X	=
35 MAJOR CHANGE IN SOCIAL ACTIVITIES	18	X	=
36 MORTGAGE OR LOAN LESS THAN \$10,000	17	X	=
37 MAJOR CHANGE IN SLEEPING HABITS	16	X	=
38 MAJOR CHANGE IN NUMBER OF FAMILY GET-TOGETHERS	15	X	=
39 MAJOR CHANGE IN EATING HABITS	15	X	=
40 VACATIONS, CHRISTMAS	13	X	=
41 MINOR VIOLATIONS OF THE LAW	11	X	=
YOUR TOTAL			



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

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# Holmes & Rahe Stress Test







# Holmes & Rahe Stress Test

## Decrease stressors

- Be aware of them.
- Some we cannot get rid of, but some are optional.
- What can you throw overboard?
- Ask what is the motive that is causing us to hold onto a stressor?
- Ask “Am I self-defeating and self-destructing by being too busy?”





# Holmes & Rahe Stress Test

## Increase supports:

- Physical – sleep, eat, exercise
- Social interactions- am I isolating? We need laughter and the energy of others.
- Spiritual community – love one another/corporate worship



# Holmes & Rahe Stress Test

## Internal choices for coping with stress

- Eliminate self-defeating; self-destruct behaviors.
- How am I escaping?
- What am I doing that is mood-altering, but work against me?



## Holmes & Rahe Stress Test

**Increase positive  
behaviors and  
thinking**

- Choose wise, rational, skillful living choices
- Personal Spiritual Disciplines -prayer, meditation, reading.



**Practice Self-  
Awareness!**

