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ISBN	9780761866350 0761866353 9780761866343
Descrizione fisica	1 online resource (200 pages) ; : illustrations, forms
Disciplina	126
Soggetti	Self-consciousness (Awareness) Self-actualization (Psychology) Group psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (pages 185-188).
Nota di contenuto	1. Self-awareness: An introduction : Enhancing self-awareness ; Me and we: self-awareness in interpersonal relationships ; Why bother with self-awareness? ; Self-awareness and group process: Nuts and bolts -- 2. Group process in action : A primer of group process ; Color me ____! ; Process and personal variables: An exercise ; Basic needs of people in groups ; Issues that may emerge in the group experience: An exercise ; "I" statements exercise ; How to identify my basic communication/helping skills ; How to identify my unproductive behavior ; An exercise: Why ask "why"? ; Group roles: An exercise -- 3. Self-awareness : Maslow's hierarchy of needs theory ; Self-awareness as a process ; Benefits of enhanced self-awareness ; The internal judger ; The journaling process: Focus on self-exploration ; Know thyself: Existential self-awareness ; My personal history ; My rights and responsibilities (an what are not my responsibilities) ; Increasing self-awareness in relationships ; XXXs and OOOs: Maintaining a sense of "self" in stressful times ; The Chakra system and min-body awareness ; Dreams and enhanced self-awareness -- 4. Self-awareness, identity, and human differences : Overview of

human differences ; Unique me! Unique you: Self-analysis and human differences ; Diversity treasure hunt ; Movies and human differences ; Different and same simultaneously ; Simulation of a physical disability or human difference ; Walking a mile: My shoes or your shoes? ; Human differences action plan --

5. Self-awareness and group leadership : Leadership and self-awareness: Leaders and members ; The big and little "Ls" in leadership ; Leadership awareness exercise ; Styles of group leadership --

6. Self-awareness, creativity, and humor : Creativity and humor ; Creative modalities ; Opening myself to inner creativity ; Humor ; Conclusion ; Make a collage ; Soul mates: Me and me too! ; Dance! ; Movement and imagery ; Music and more music ; Sing-a-song ; Write like I mean it ; My autobiographies: Today and tomorrow ; A healing story ; My healing story ; Days of our drama ; A conversation with my inner child: Visualization exercise ; Balloon toss ; Adult kindergarten ; Humorous times with :Tickle me Elmo" ; Comedians for a day --

7. Self-awareness and wellness : Wellness: An investment in self ; Wellness awareness questionnaire: How "well" am I? ; Wellness activities survey: The past is over, the future is now ; Body communication ; Intellectual activities and fun learning: Yes, they are compatible ; Nurturing hands ; Meditation in search of the human spirit ; My time lone: Where have I been and where am I going? ; Courtesy and cooperation: Acts of kindness ; Stressors and stress management (all wellness life functions) --

8. Self-awareness and thoughts, feelings, and action/behavior: Conclusion : Thoughts, feelings, and behavior: Overview of a trilogy system ; Thoughts: Why not? ; Feelings: Why not? ; Action and behavior: Why not? ; Behavior and behavioral change: A personal journey ; Am I ready to change? ; Choosing to change ; Action! ; Exercise to facilitate awareness of thought processes for T-F-A ; Exercise to facilitate awareness of feelings for T-F-A ; Exercise to facilitate awareness of action/behavior change for T-F-A --

9. Resources and self-awareness : Resources for enhanced self-awareness and personal growth: Books, websites, helplines, and hotlines --

10. Epilogue.

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## Sommario/riassunto

Awareness in Action is a user-friendly text/workbook designed to provide individuals with an increased understanding of themselves and others. Using group-based experiential exercises to enhance self-awareness in professional and personal relationships, the workbook is crafted to guide those wishing to improve the quality of both types of relationships--

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