KNOW YOUR MIND

A Simple Guide to Understanding Yourself

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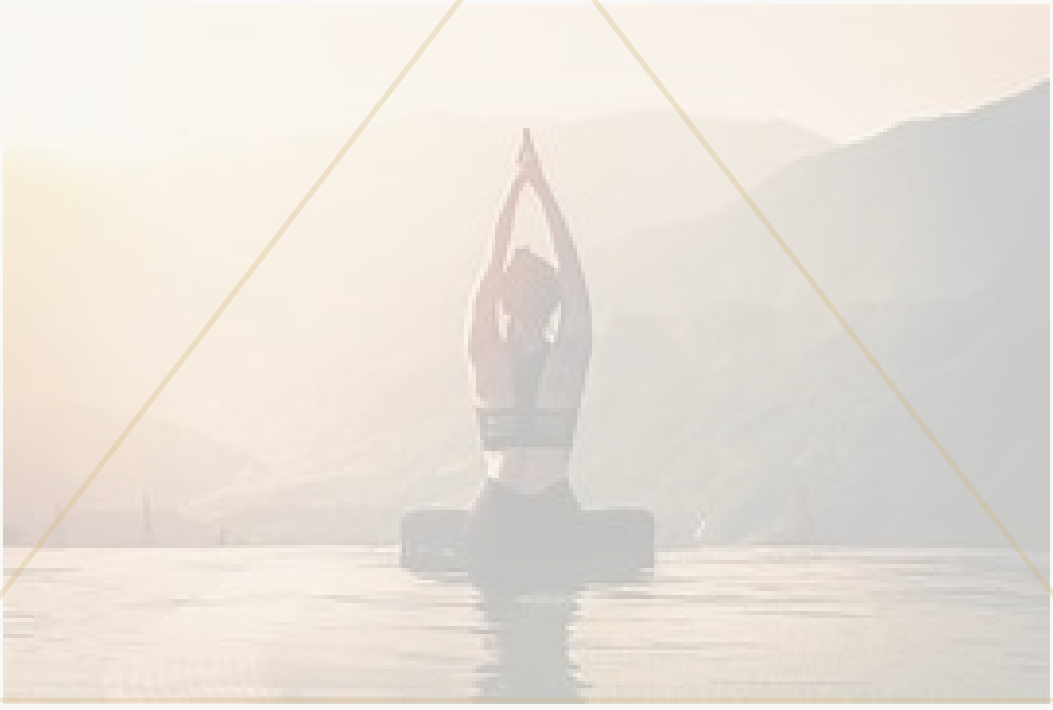

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Welcome

The most important relationship you'll ever have...
is the one you have with yourself.

Yet many of us spend years trying to improve our lives without ever stopping to understand the person living them.

We learn how to drive a car.
We learn how to use a computer.
We learn how to do our jobs.

But very few of us are ever taught how our own minds work.

We aren't taught why certain people trigger us.
Why we keep repeating the same mistakes.
Or why we sometimes know exactly what we should do...
yet still find ourselves doing the opposite.

That's where self-awareness begins.
Not with changing yourself.
But with understanding yourself.

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Before We Begin...

This short workbook will introduce you to one of the most important psychological skills you can develop.

Because when you understand your mind...
you begin to understand your life.

How well do you feel you know yourself?
Circle one number.

1 2 3 4 5 6 7 8 9 10

Why did you choose that number?

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

— Carl Jung

Perhaps that's what self-awareness really is...
Making the unconscious... conscious.

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What Is Self-Awareness?

Self-awareness is the ability to notice what's happening within you... while it's happening.

It's recognising:

- Your thoughts
- Your emotions
- Your behaviours
- Your patterns

The goal isn't to judge yourself.
It's to understand yourself.

Because when you understand yourself...
you begin to create choice.

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Reflection

Think about the last time you had a strong emotional reaction.

What happened?

How did you respond?

What did that reaction teach you about yourself?

The Awareness Triangle

Everything you experience is connected.
A situation doesn't automatically create your behaviour.
There's a process happening beneath the surface.

Situation

↓

Thoughts

What am I thinking?

↓

Emotions

What am I feeling?

↓

Behaviour

How do I respond?

Most of us are only aware of our behaviour.
Self-awareness helps us notice the thoughts and emotions that came before it.

Because once you understand the process...
you have the opportunity to respond differently.

Example

Situation: Your friend doesn't reply to your message.
Thought: "Have I done something wrong?"
Emotion: Anxiety.
Behaviour: You keep checking your phone and replaying the conversation.

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Activity One

Map Your Awareness Triangle

Think about a recent situation that triggered a strong emotional reaction.
There are no right or wrong answers.

Situation What happened?

Thoughts What thoughts went through your mind?

Emotions What emotions did you notice?

Activity One *(continued)*

Behaviour How did you respond?

Reflection What surprised you most about your response?

Recognising Your Patterns

The activity you just completed tells you more than you might realise.

It doesn't just show how you responded in one situation... it may also reveal a pattern.

A pattern is the way your mind repeatedly thinks, feels and behaves in similar situations.

Many of us have patterns we don't even realise we're repeating.

For example:

- Always expecting the worst
- Avoiding difficult conversations
- Feeling responsible for everyone else
- Taking criticism personally
- Needing reassurance
- Putting other people's needs before your own

The more aware you become of your patterns... the more opportunity you have to change them.

One Simple Tool

Name It to Tame It

When we experience strong emotions...
it's easy to become caught up in them.

One simple way to create a little space is to pause and ask yourself:

"What am I feeling right now?"

Instead of saying...
"I'm overwhelmed."

Try...
"I'm noticing anxiety."
"I'm noticing disappointment."
"I'm noticing frustration."

Simply naming an emotion helps us step back from it.

Rather than becoming the emotion...
we begin observing it.

And that's where awareness begins.

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Try It Now

Pause for a moment.
Notice what you're feeling right now.
Name it without judgement.

Right now, I'm noticing...

This feeling might be connected to...

When I name it, I notice...

Your 7-Day Challenge

For the next seven days, take just one minute each evening to reflect on your day.

You don't need to analyse everything.
Simply notice.

Each evening, ask yourself:

1. What happened today?
2. What was I thinking?
3. What was I feeling?
4. How did I respond?

Self-awareness isn't about becoming perfect.
It's about becoming curious.

Every time you pause, observe, and reflect...
you strengthen your ability to understand yourself.

And the more you understand yourself...
the more choice you have over how you respond.

Because awareness doesn't change who you are...
it changes what you do next.

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7-Day Awareness Journal

Each evening, pause and reflect. What did you notice today?

Day 1

Day 2

Day 3

Day 4

7-Day Awareness Journal *(continued)*

Day 5

Day 6

Day 7

After 7 days, look back. What patterns do you notice?

About the Author

Hi, I'm Dr Deirdre Timlin.

I'm a psychologist and the founder of Soul2Soul Psychology.

I'm passionate about helping people better understand themselves by exploring the thoughts, emotions, behaviours and patterns that quietly shape their lives.

I believe meaningful change doesn't begin by trying to fix yourself.
It begins with understanding yourself.

Self-awareness is the foundation of everything I teach, and I hope this workbook helps you take the first step on that journey.

Stay Connected

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🌿 Website coming soon.

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Continue Your Journey

This workbook is just the beginning.
If you found it helpful, I'd love to invite you to continue your journey with The Self Series—a collection of psychology-based workbooks designed to help you better understand yourself and create lasting change.

Together, we'll explore:

Self-Awareness
Self-Worth
Self-Confidence
Self-Respect
Self-Expression
Self-Love

Each workbook combines psychology, reflection and practical exercises to help you build a healthier relationship with yourself.

Because your relationship with yourself shapes every relationship you have with the world.

Everything begins with understanding yourself.

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