

# Summary of Self Awareness Definitions

**Self-awareness is an evolving process of self-discovery, which means self-awareness is dynamic and ever changing and it never achieves saturation**

Rashheed et.al, 2019

**The ability to reflect on and accurately assess one's own behaviors and skills as they are manifested in workplace interactions**

McCarthy & Garavan, 1999

**Self-awareness is defined in terms of becoming awake to present realities, noticing one's surroundings, and being able to name one's perceptions, feelings and nuances of behavior. The self is aware of and can recognize what is experiencing**

Kondrat, 1999

**Self-awareness is a multi-dimensional, introspective process used to become aware of, examine, and understand one's thoughts, feelings, convictions, and values on an ongoing basis, with the use of this understanding to consciously and authentically guide behavior**

Eckroth-Bucher, 2010

**Self-awareness refers to the capacity to become the object of one's own attention**

Morin, 2011

**Anticipating how others perceive you, evaluating yourself and your actions according to collective beliefs and values, and caring about how others evaluate you**

Sturm et.al., 2014

**Self-awareness can be defined as a higher-level concept which includes the extent to which people are consciously aware of their interactions or relationships with others and of their internal states**

Sutton et.al., 2015

**Therapists' momentary recognition of and attention to their immediate thoughts, emotions, physiological responses and behaviors**

Williams, 2008

**Self-awareness in general denotes subjective and accurate knowledge of one's inner self e.g. mental state, emotions, sensations, beliefs, desires and personality. It comprises beliefs, intentions, and attitudes about oneself based on experiences in life**

Showry and Manasa, 2014

\*Defining Self-Awareness in the Context of Adult Development: A Systematic Literature Review Julia Carden, Rebecca J. Jones and Jonathan Passmore (2022)