# O Am I Being Attacked... or Just Uncomfortable? A Self-Awareness Journal Prompt from Semper Sana

### 1. What Happened?

- Describe the moment that made you feel defensive, angry, or dismissed.
  - o (Ex: Someone gave me feedback at work, and I immediately felt criticized.)

#### 2. How Did I React?

- Be honest. Did you shut down? Snap back? Spiral inward?
  - (Ex: I got angry and decided they were rude. I started overthinking my worth.)

## 3. What Did I Tell Myself About That Person?

- What story did your ego write in the moment?
  - o (Ex: "They're always trying to make me look bad.")

#### 4. Is That Story Actually True?

- Challenge the narrative. Are they trying to harm me—or help me?
  - What evidence do I have? ? What else could be true?

## 5. What Role Did My Ego Play?

- Was this about truth—or about protecting pride, perfection, or identity?
  - o (Ex: I felt exposed. I didn't want to admit I made a mistake.)

## 6. Could I Have Responded With Humility?

- How would a more grounded, self-aware version of you respond?
  - o (Ex: "Thanks for pointing that out. Let me take a second look.")

## 7. One Thing I Want to Practice Moving Forward:

- Choose a mantra, mindset, or behavior to work on.
  - o (Ex: I will stop seeing feedback as rejection. I will pause before reacting.)

This is deep work—but you're doing it with wit and grace, and that's the Semper Sana



