



Underrated Ways to Understand Yourself

Pros & Cons Lists



What is it?

- ✗ A simple yet powerful decision-making tool for both sides of an argument
- ✗ Pros are in favour, cons are against it

How It Helps

- ✗ Allows you to visualise the potential impact of your decision
- ✗ Reduces uncertainty as it is an objective process unswayed by emotion or bias



Journaling

What is it?

- ✗ Writing down your thoughts and feelings to understand them more clearly
- ✗ A healthy way to express one's emotions and improve emotional health

How It Helps

- ✗ A helpful tool to cope with anxiety, stress or any other overwhelming emotions
- ✗ Helps manage one's mood swings and emotional triggers by tracking them

Personality & Aptitude Tests

What is it?

- ✗ Assessments that allow people to understand themselves and others better
- ✗ Sheds light on people's personality, behaviour and preferences



How It Helps

- ✗ Allows you to identify one's likes and dislikes and know which situations are ideal or comfortable for you
- ✗ Enables you to understand new ways to approach other people or situations by recognising your strengths and weaknesses

Introspection



What is it?

- ✗ Self-contemplation of one's thoughts, desires, emotions and behaviour
- ✗ A brutally honest acknowledgement of one's strengths, weaknesses, failings and wins

How It Helps

- ✗ Examining our own conduct and accepting responsibility for one's actions can enable us to make better decisions
- ✗ Regular introspection that includes reflecting on one's success can promote self-fulfillment, inner peace and positive energy



Counselling

What is it?

- ✗ The process where an individual works with a counsellor to understand and achieve personal goals
- ✗ A place to safely express one self to an objective, unbiased counsellor who can provide insight into oneself and a new perspective

How It Helps

- ✗ Strictly private and confidential, allowing you to be as open and expressive about what you're feeling or going through
- ✗ An opportunity to discuss one's emotions with someone trained to help, without judging the individual