



SELF-OBSERVATION WEEK ASSIGNMENT

Date Due: _____

PART ONE

For five days observe yourself *as if* you were another person, documenting your feelings, thoughts, and behaviors. Specifically note, in a journal or log, each time you are faced with a choice about doing “the right thing” in a particular situation, whether at home, at school, at work, with friends, or when you are alone.

In doing this assignment, you will need to learn how to detach yourself from the situation at hand and observe yourself as objectively as possible. At first this detachment will feel awkward and unnatural, but you will be surprised at how it will get easier as you practice.

Here is one idea for a chart or table to record your responses. Feel free to create another format, but be sure all of the important parts are included.

Date	Situation/ Choice	Thoughts	Feelings	Action Taken	Outcome

PART TWO

At the end of the five-day period, write a two-to-three-page essay analyzing the *pattern of your choices, thoughts, feelings, and actions*. Answer the following questions in your paper:

- 1) Were you generally satisfied or dissatisfied with your choices? Why or why not?
- 2) Were there any situations in which you were tempted to choose other than what you believed was the right thing to do? What about those situations contributed to the temptation?
- 3) On the other hand, when you did make the “right” choice, what helped you to do so?
- 4) What were the consequences of the choices you made, both the right choices and the not-so-right choices?

- 5) Did you ever find that your thoughts and your feelings were in conflict; that is, your thoughts said do one thing and your feelings said do another? Why do you think this happened?
- 6) Did the fact that you were observing yourself lead to your making different, or better, choices?