

The Emotional Self Awareness Exercise

To develop strong Self Intimacy (SI), all you need to do is practice the Emotional Self Awareness exercise (ESA) for a few minutes a day for a month. That's it. That's all you have to do. Do it. You'll be amazed at what happens.

The ESA exercise is quite simple. It consists of asking your self two or three times a day the following three questions:

- 1. What specific emotion(s) am I feeling?**
- 2. What situation is causing me to feel this emotion(s)?**
- 3. What, if anything, can I do about that situation to take care of myself?**

ESA Exercise Points to Remember:

1. ESA works best when it is done in an ongoing, day-by-day basis:
 - A. Spending only a few minutes, not big blocks of time refocusing from the external onto the internal in this structured way, 2-3 times a day, is all that is needed for profound growth in Self Intimacy
2. Use your daily ESA work to be more self intimate with others. Share your ESA insights with your partner. This is a way of allowing your partner to become closer to you.
3. The most common roadblocks to successfully doing ESA are:
 - A. Failure to remember to do it: a mnemonic (memory) device is often needed (e.g., tying it to every time you go to the bathroom), but the failure to remember to do it can also be a symptom of lack of motivation
 - B. The inability to get in touch with emotions or know what they are (this is especially common for men); use a list of feelings to help you determine what exact emotion(s) you are feeling. The more times you do ESA the better you will get at knowing what the feeling is; practice is all it takes

Remember, working on ESA is vital since your Self Intimacy is a key to your relationship's health; your low SI limits your ability to let your partner in and to feel close to you. It also hinders your ability to take good care of your self.