

Workout #10: Tactical Self-Awareness

Understanding your inner world is key to self-awareness and growth. This exercise helps you reflect on your emotions, thoughts, and responses before therapy. You can bring your answers to your first session or use them to articulate your experiences. Firefighters often face emotional numbness—remember, “numb” is still a feeling. Use this to explore your internal experience and enhance your self-awareness.

There are no right or wrong answers—just an opportunity to notice how you think, feel, and respond.

Read each prompt, take your time, and remember, this is about exploration, not judgment.

Read each statement carefully.

Use the 5-point rating scale to indicate how often the statement applies to you.

1. Never
2. Rarely
3. Sometimes
4. Often
5. Always

Mark your rating in the corresponding column.

Reflect on patterns in your scores to determine areas where you may be thriving and where you might benefit from additional attention or professional support.

Spiritual Well-Being

#	Statement	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always
1	I feel connected to something larger than myself—(i.e., God, a higher power, or nature).					
2	I find it hard to reflect on my life's purpose beyond firefighting.					
3	Practices like meditation, prayer, or quiet reflection help to center my mind and spirit.					
4	When challenges arise, I easily draw on my spiritual belief system for guidance.					
5	I can easily sideline my spiritual side to prioritize other things in life.					
6	My experiences are part of a larger journey that shapes my sense of meaning and identity.					
7	I easily sense things in my body.					
8	My spirituality influences the way I handle everyday challenges.					
9	I easily trust my intuition.					
10	My personal beliefs and values are integral to who I am.					
11	I experience emergency calls conflicting with my personal values or morals.					
12	Deepening my spiritual self enhance my mental and emotional balance.					

Physical Well-Being

		1	2	3	4	5
#	Statement	Never	Rarely	Sometimes	Often	Always
13	I can maintain good eating habits.					
14	My facial expressions reflect ease and relaxation.					
15	To fall asleep, I need to be physically exhausted.					
16	I feel good physically and mentally.					
17	Substances like energy drinks or caffeine help me cope with stress.					
18	I find it hard to relax.					
19	I feel a sense of muscle weakness when I am stressed.					
20	High-risk activities help me feel alive.					
21	My heart rate tends to decrease noticeably when I am under stress.					
22	Conflict makes me tired.					
23	I experience a noticeable decrease in my sex drive during stressful times.					
24	I experience a noticeable increase in my sex drive during stressful times.					
25	I have a consistent and restful sleep pattern.					
26	I experience chronic pain even without a clear physical cause.					

Emotional Well-Being

		1	2	3	4	5
#	Statement	Never	Rarely	Sometimes	Often	Always
27	I can feel disengaged with and unresponsive to others.					
28	I feel uncomfortable showing my emotions in social situations.					
29	Emotions need to be quite intense for me to notice them.					
30	I experience feelings of love, joy, and excitement.					
31	I feel gentle and considerate towards others.					
32	When I am overwhelmed, I tend to feel numb or disconnected.					
33	I feel alone or hopeless in situations.					
34	I feel connected and engaged with people around me.					
35	I turn to alcohol or substances to keep my emotions in check.					
36	I avoid dealing with unpleasant emotions.					
37	I'm not sure that I have feelings.					
38	I feel resilient and capable of handling life's challenges.					
39	I find it difficult to express my emotions verbally.					

Psychological Well-Being

		1	2	3	4	5
#	Statement	Never	Rarely	Sometimes	Often	Always
40	I am able to stay present and mindful in situations.					
41	I prefer not to be alone with my own thoughts.					
42	I tend to withdraw from social interactions when I am stressed.					
43	I generally make decisions to act quickly.					
44	I prefer to be alone when I need to deal with my emotions.					
45	To help myself relax, I engage in gaming, eating, smoking/nicotine use, consuming alcohol, or using					
46	I prefer to keep emotional distance from others.					
47	I have a tendency to self-injure in an effort to feel emotions.					
48	I turn to sexual self-stimulation or pornography to deal with stress.					
49	When things do not go as planned, I become angry or aggitated.					

After completing the statements, consider the following:

Are you consistently high or low in any particular dimension (Spiritual, Physical, Emotional, Psychological)? This might highlight where you should focus your next efforts.

What responses, if any, surprise you?

Integrate new insights into your Mental Wellness Preplan, ensuring you have strategies in place to address potential stressors or vulnerabilities.

Use these new insights as a foundation for deeper conversations with yourself or with a counselor. Self-awareness is a journey, and every step forward matters.