

12 Healthy Reasons to Monitor Ourselves

- 1.** Some behaviors and mind function problems can be improved as soon as we realize that problems exist and/or understand how to improve.
- 2.** What we don't know about our own minds and behavior can really hurt us.
- 3.** Self-awareness is a foundation of emotional intelligence.
- 4.** Becoming more self-aware is the fastest way to improve emotional intelligence.
- 5.** Self-awareness is important to our overall security, our well-being, and our emotional stability.
- 6.** Self-awareness improves our relationships with others and the world around us.
- 7.** Self-awareness helps us be more discrete about our thoughts, communications, and behavior. Such careful concern can provide rewarding benefits.
- 8.** Such observation helps us reduce self-centeredness.
- 9.** Without learning to monitor our minds and behavior, it is much more difficult to improve our emotional intelligence.
- 10.** We can be far less aware of the quality of our thoughts and actions than we may realize, when we don't monitor them.
- 11.** Without scrutinizing how well our minds are operating, subtle distortions and emotional quirks can remain undetected and continue to worsen.
- 12.** To combat irrational thinking and behavior requires awareness of their existence.