

POSITIVE SELF- AWARENESS

A CWIB MASTERCLASS

By Robynne Todd



01

Understanding
Personalities

02

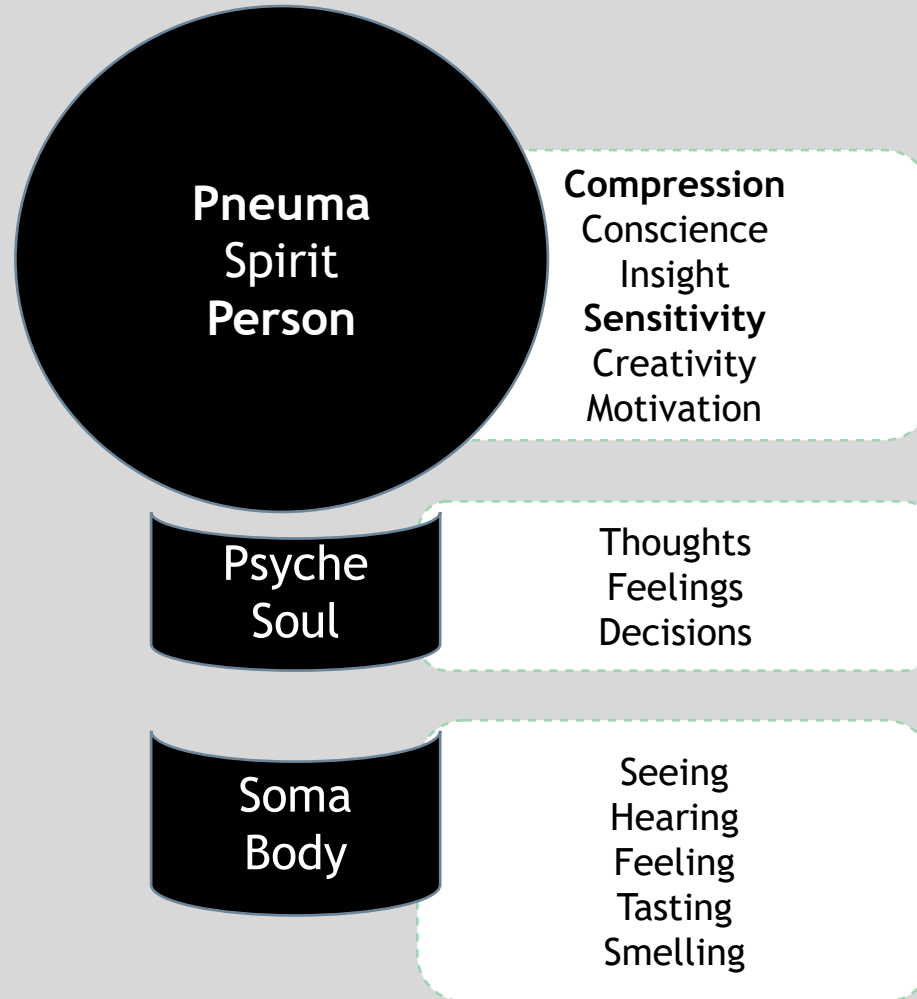
Understanding
Trauma & Stress
Responses

03

Taking back
Power & Control

UNDERSTANDING IDENTITY

Spirit, Soul and Body

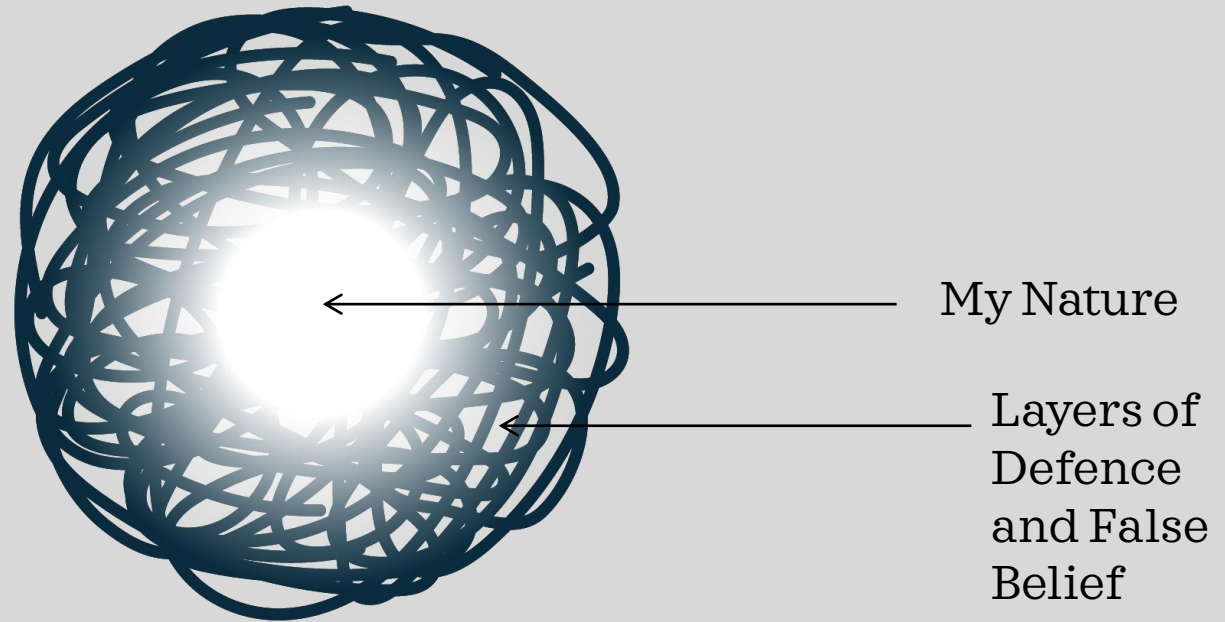


The body gives us “world consciousness;” the soul gives us “self consciousness;” and the spirit gives us “God-consciousness.”

-Watchman Nee

UNDERSTANDING IDENTITY

Nurture vs Nature



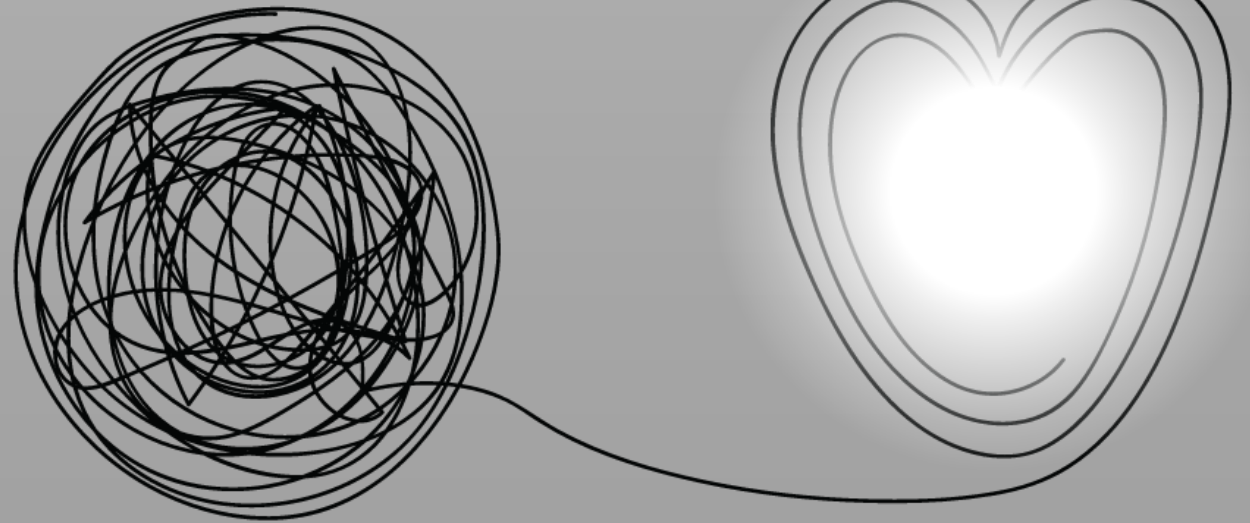
The Shadow Self

This pertains to aspects of our personality that we may not be aware of.

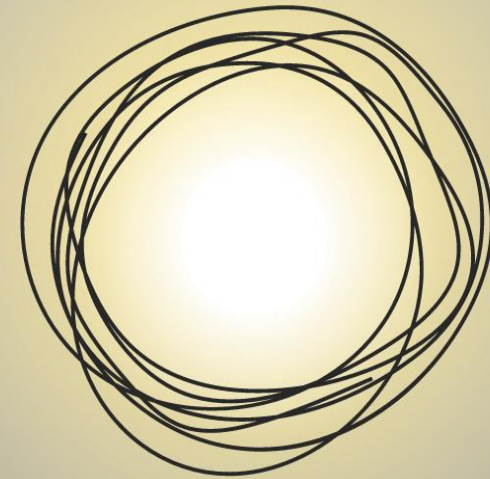
- How we behave in times of stress
- How we behave in times of growth
- Involuntary/unknown responses to others
- Formed out of our need to mask negative aspects of self.
- Portrays idealized self image layered with defense mechanisms



TRANSFORMATION
OF THE SOUL



SPIRITUAL TRANSFORMATION



Personality Tests

The Myers Briggs Type Indicator helps us establish what our personality **preferences** are. Am I introverted or extroverted? How Do I make decisions?

The following is a free test available online, it has been tested with many people and is known for its accuracy. It provides great in-depth reports for further self awareness across various aspects of life:

[Free Personality Test | 16Personalities](#)

The Enneagram – helps one determine the often-unconscious motivating factors of behaviors. Why do I do what I do? What Motives me?

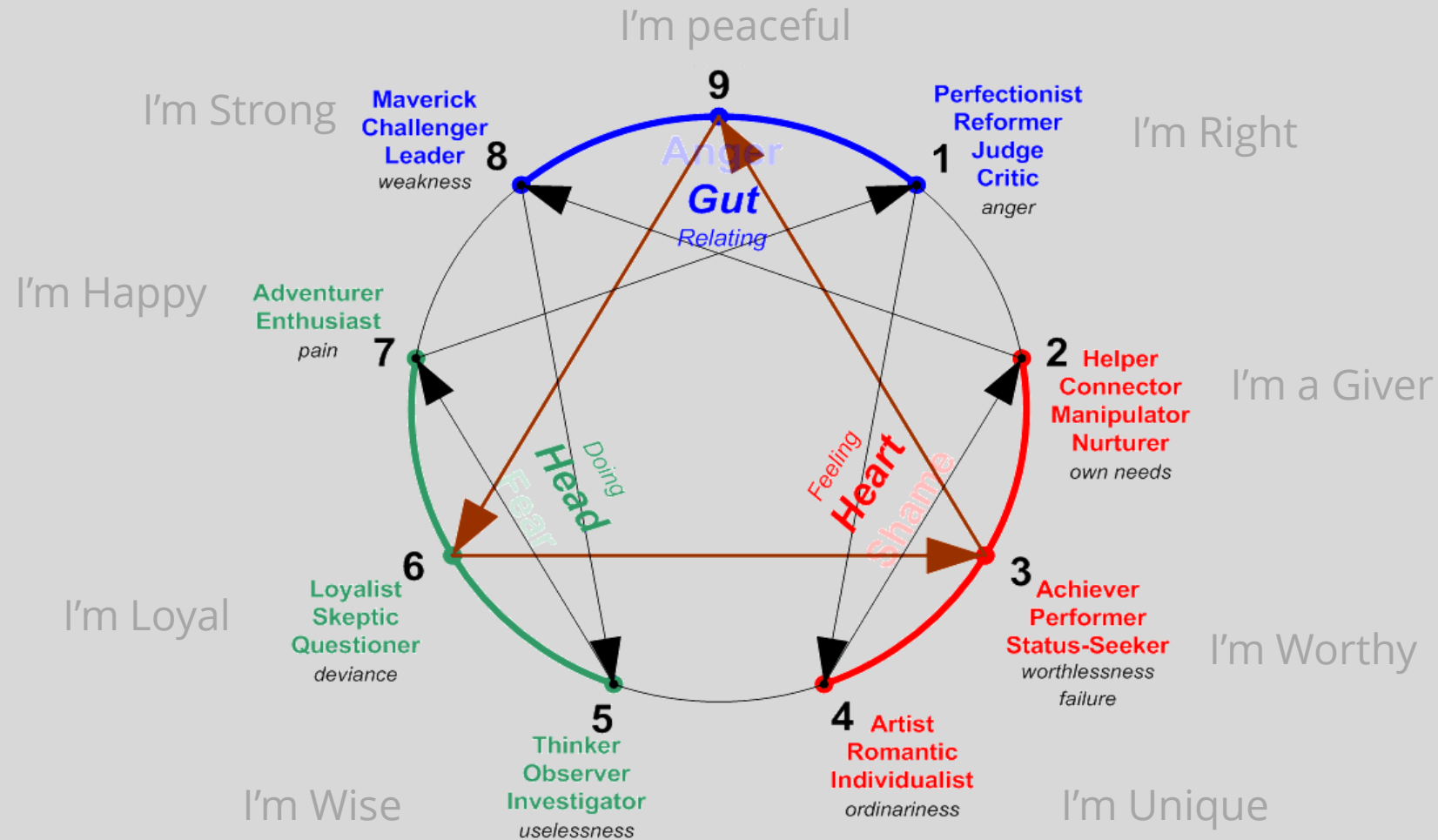
The following is a reasonably accurate free test, it does not provide reports without payment though. The enneagram types are slightly more difficult to gauge, free tests are not really recommended, but can give a glimpse into what your type is for the purposes of this session.

[The Enneagram Personality Test \(truity.com\)](#)

The Enneagram

A decorative white torn paper effect runs horizontally across the bottom of the page, with irregular, jagged edges that create a layered, textured appearance against the black background.

The Enneagram- What motivates you?



italics above are the avoidance

→
 With Arrow – Disintegration (stress)
 Against Arrow – Integration (growth)

Sub Types (Instinctual Variant Stack)

- Sexual (one-on-one, intimate)
- Social
- Self-Preservation

MBTI



The Types

50%

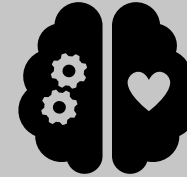
Extraverted (E) vs. Introverted (I)

Signifies the **source and direction** of a person's energy expression.



Thinking (T) vs. Feeling (F)

How a person **processes information**.



Sensing (S) vs. Intuition (N),



Represents the **method by which someone perceives** information. Sensing means that a person mainly believes information he or she receives directly from the external world.

Judging (J) vs. Perceiving (P))



reflects how a person **implements the information** he or she has processed.

The 16 Different Types

E N T J

Natural leaders who are logical, analytical, and good strategic planners.

1. Executive
2. Lawyer
3. Market research analyst
4. Management/Business consultant
5. Venture capitalist

I N T J

Creative perfectionists who prefer to do things their own way.

1. Investment banker
2. Personal financial adviser
3. Software developer
4. Economist
5. Executive

E N F J

People-lovers who are energetic, articulate, and diplomatic.

1. Advertising executive
2. Public relations specialist
3. Corporate coach/Trainer
4. Sales manager
5. Employment specialist/HR professional

I N F J

Thoughtful, creative people driven by firm principles and personal integrity.

1. Therapist/Mental health counselor
2. Social worker
3. HR diversity manager
4. Organizational development consultant
5. Customer relations manager

E N T P

Enterprising creative people who enjoy new challenges.

1. Entrepreneur
2. Real estate developer
3. Advertising creative director
4. Marketing director
5. Politician/Political consultant

I N T P

Independent and creative problem-solvers.

1. Computer programmer/Software designer
2. Financial analyst
3. Architect
4. College professor
5. Economist

E N F P

Curious and confident creative types who see possibilities everywhere.

1. Journalist
2. Advertising creative director
3. Consultant
4. Restaurateur
5. Event planner

I N F P

Sensitive idealists motivated by their deeper personal values.

1. Graphic designer
2. Psychologist/Therapist
3. Writer/Editor
4. Physical therapist
5. HR development trainer

The 16 Different Types

E S T J

Realists who are quick to make practical decisions.

1. Insurance sales agent
2. Pharmacist
3. Lawyer
4. Project manager
5. Judge

I S T J

Hard workers who value their responsibilities and commitments.

1. Auditor
2. Accountant
3. Chief financial officer
4. Web development engineer
5. Government employee

E S F J

Gregarious traditionalists motivated to help others.

1. Sales representative
2. Nurse/Healthcare worker
3. Social worker
4. PR account executive
5. Loan officer

I S F J

Modest and determined workers who enjoy helping others.

1. Dentist
2. Elementary school teacher
3. Librarian
4. Franchise owner
5. Customer service representative

E S T P

Pragmatists who love excitement and excel in a crisis.

1. Detective
2. Banker
3. Investor
4. Entertainment agent
5. Sports coach

I S T P

Straightforward and honest people who prefer action to conversation.

1. Civil engineer
2. Economist
3. Pilot
4. Data communications analyst
5. Emergency room physician

E S F P

Lively and playful people who value common sense.

1. Child welfare counselor
2. Primary care physician
3. Actor
4. Interior designer
5. Environmental scientist

I S F P

Warm and sensitive types who like to help people in tangible ways.

1. Fashion designer
2. Physical therapist
3. Massage therapist
4. Landscape architect
5. Storekeeper

UNDERSTANDING
TRAUMA AND
STRESS RESPONSES

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Trapped Feelings

Happens with Repression and Suppression

Emotions get stuck in the body (emotional baggage)

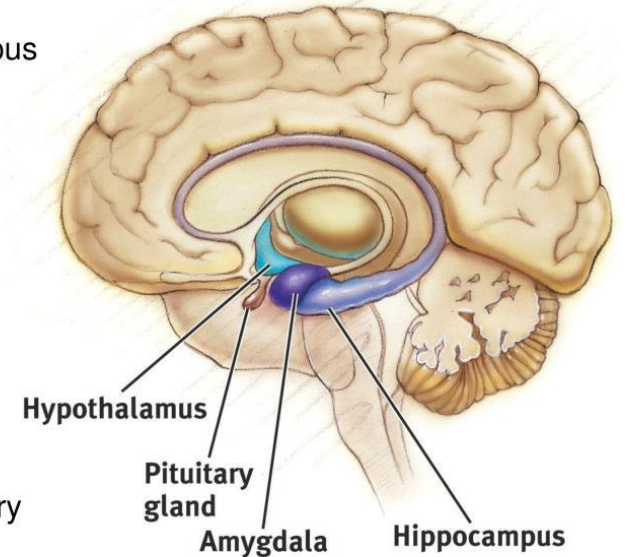
Affects Demeanor and Interactions with others

Manifests as constant lingering feeling or Triggers

How the Brain processes feelings

The Limbic System

- Hypothalamus, pituitary, amygdala, and hippocampus all deal with basic drives, emotions, and memory
- Hippocampus → Memory processing
- Amygdala → Aggression (fight) and fear (flight)
- Hypothalamus → Hunger, thirst, body temperature, pleasure; regulates pituitary gland (hormones)



Example: Fear

When the amygdala stimulates the hypothalamus, it initiates the fight-or-flight response. The hypothalamus sends signals to the adrenal glands to produce hormones, such as [adrenaline](#) and cortisol. As these hormones enter the bloodstream, you might notice some physical changes, such as an increase in:

- heart rate
- breathing rate
- blood sugar
- perspiration

In addition to initiating the fight-or-flight response, the amygdala also plays a role in fear learning. This refers to the process by which you develop an association between certain situations and feelings of fear.

Triggers

- Brain remembers memory as a feeling, new feeling triggers trauma response when unrelated events cause the same feeling.
- Involuntary Response occurs



Trigger Responses



FIGHT



FLIGHT



FREEZE

Taking back Power & Control

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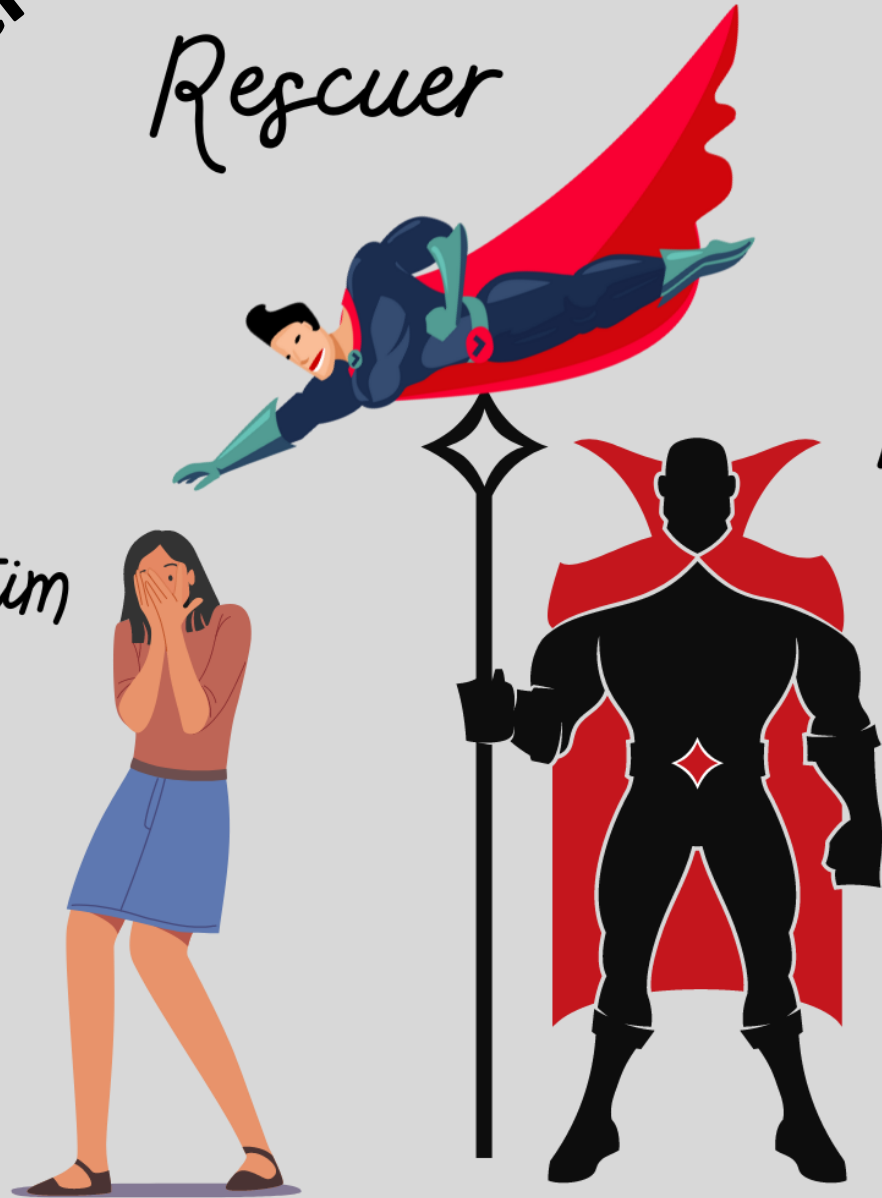
The Irresponsibility Cycle

Loss of Power

Rescuer

Victim

Bad
Guy

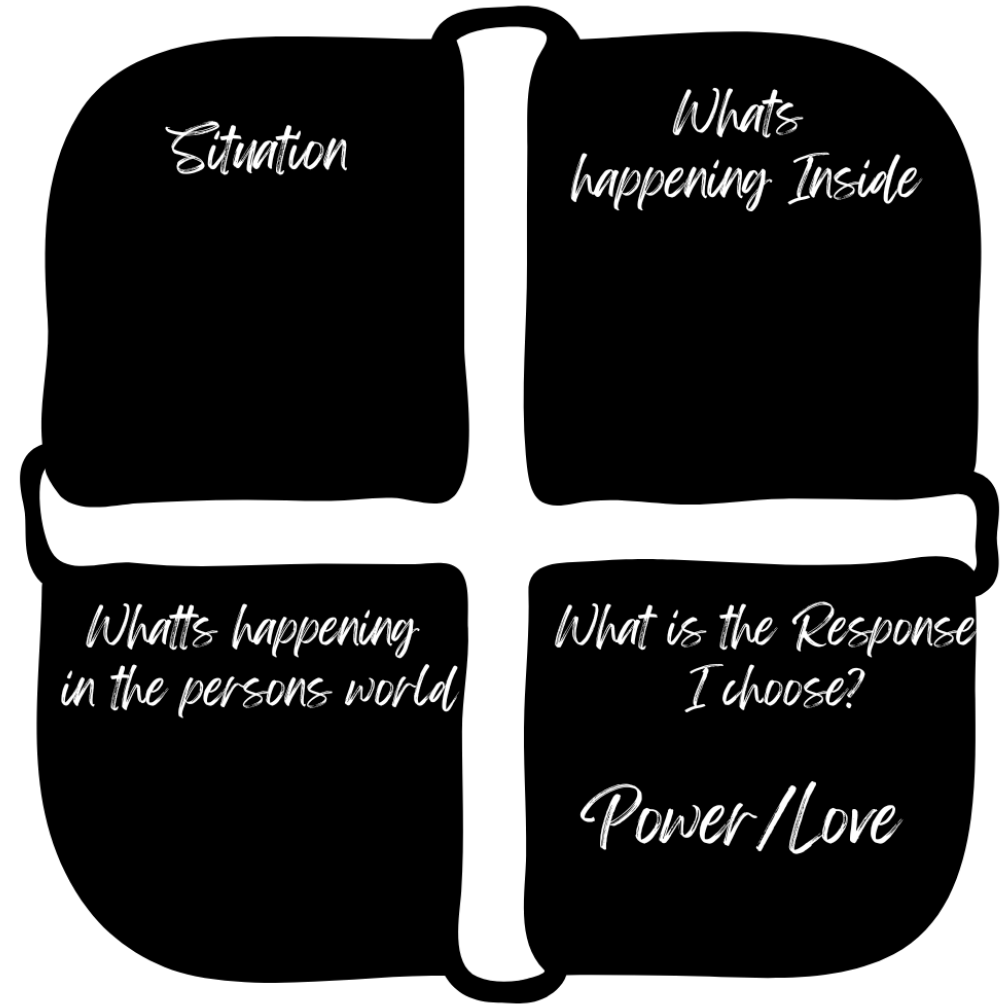


2 Tim 1:7 : For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Situational & Self Awareness



The Hot Cross Bun Method



Thank You!

Questions?