

## **Self Awareness Exercise**

I was able to participate in a self awareness exercise with my task supervisor from Hospice at Chattanooga. It was based on death and dying. The exercise was a simulation. I had to cut out 20 pieces of paper prior to the self-awareness exercise. She instructed me during the whole exercise. I was instructed to write 5 things I valued the most that were materialistic, 5 things I valued the most that were found in nature, 5 things I valued the most in hobbies like working and working out, and 5 individuals or people that I valued the most. I was then taken in a story that was about myself and about death and dying. Each time something happened in the story to me I was instructed to take away a few pieces of paper from all the ones I had. Little by little I was taking things away and throwing them out. It went all the way to having zero paper slips left. Towards the end I was instructed to close my eyes and take away two pieces of paper without knowing what I was taking away. We were then able to reflect on the experience.

I felt quite tearful and sad as I had to take away individuals from my life and learned that I value individuals and people in my life the most. We talked about how I felt and thought. Through the whole experience I felt sad and a little mad at things being taken away from me. I also realized what things hold of lesser value in my life and things that are of great importance. I also was able to identify that the experience would be similar to death and dying because things are often taken away when you are in the process that you did not expect to. I would say its different because when an individual is going through death and dying they often do not get to choose what gets taken away like I did when I was choosing which slips of paper to throw away. It was a great experience and something I would definitely use in the future.