

# Table of Contents

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**Introduction** ..... 1

## **Section One: The Foundation**

This section provides the foundational ideas for the book and acquiring self-awareness. It asks readers to consider how they think, what their emotional world is like, and how this translates into ideas about the self and the pattern of behavior embodied in our personality. It also addresses how one uses reflection, experience, and writing to promote self-awareness.

1. Reflection and Learning From Experience ..... 5  
2. The Self..... 13  
3. Personality ..... 23  
4. Emotional Intelligence ..... 33  
5. Metacognition ..... 47

## **Section Two: The Basics**

The second section considers the questions that all students should consider regarding the gift of a life that they have been given: What makes them happy? What is their purpose here? How do they deal with the inevitable transitions that each of us must confront? Our attitudes toward death and dying are highly personal. No health care practitioner can avoid being involved in this issue.

6. Purpose and Meaning ..... 57  
7. Happiness..... 65  
8. Death and Dying..... 73

## **Section Three: Application**

The third section looks at how who we are affects our careers, practices, and lives. How do we keep things in balance? How do we endure and persevere? How do we perform under stress? Do we have the personal psychology to meet the demands of professionalism?

9. Careers and Work–Life Balance ..... 81  
10. Performance, Anxiety, and Worry..... 87  
11. Mental Toughness, Resilience, Hardiness, and Grit..... 95  
12. Professionalism ..... 101

## **Section Four: Wisdom**

In this one chapter the case is made for working through a book like this; that greater self-awareness leads to the development of wisdom that makes a better practitioner and increases patient outcomes.

13. Wisdom..... 113