

The Shadow's Edge Guide to Self-Awareness

A Social-Emotional Learning (SEL) Workbook for Teens

By the Digging Deep Project

with
Kristi Pikiewicz, PhD

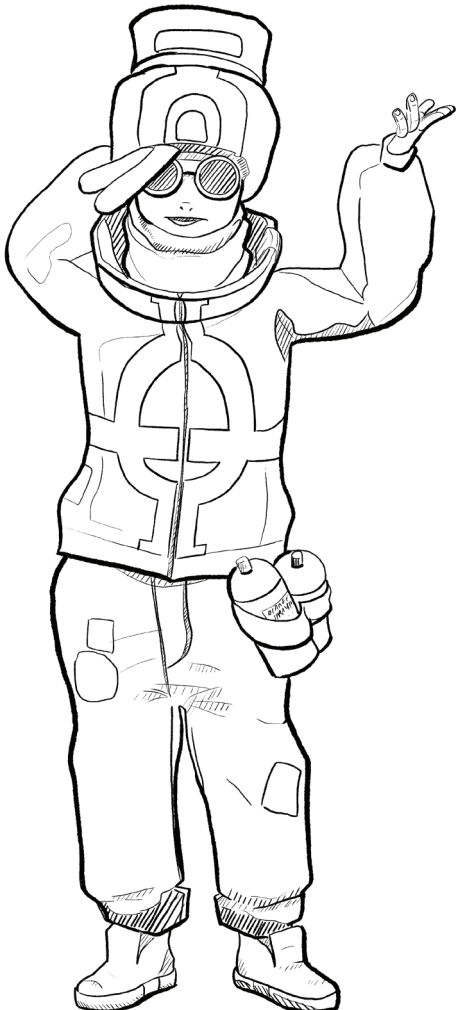
Illustrated by
Ilse de Cock

Disruption

Hi, I'm Ty.

I used to know what it meant to be "Ty." But then the city of Shadow's Edge was hit by a storm and now I don't know who I am anymore. It's not like I got whacked on the head and have amnesia and forgot my name or anything. I just kind of don't know how I'm supposed to feel, or what I believe in... or what I can do to make things better. Anyway.

I'm your guide for this part of the journey – the Guardian of Disruption. For me, my disruption was the storm, but for you, it could be anything, or maybe not just one thing but a feeling like you're just kind of confused about...everything. I wish it could all be like it was before. I wish I could go back to being the person I used to be. Is that person gone forever? And if the person I used to be is gone, who does that make me now? What's next? Floating around here in the stage of Disruption feels like everything I was sure about turns out to be wrong. Maybe you feel that way, too.



Get it? No? Well, to tell you the truth, neither do I. But I know that later in this book, if you make it through the stage of Disruption, there are two more stages: Disillusionment and Discovery. Sometimes you end up jumping back and forth between these stages so if you want to flip to other sections of this book, go for it. If you're feeling it, maybe you want to check out a page in Disillusionment or Discovery and then when you feel disrupted again, come back and give me a visit.

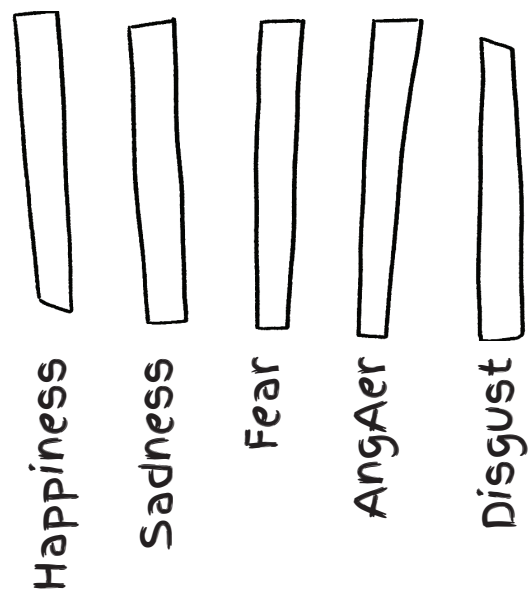
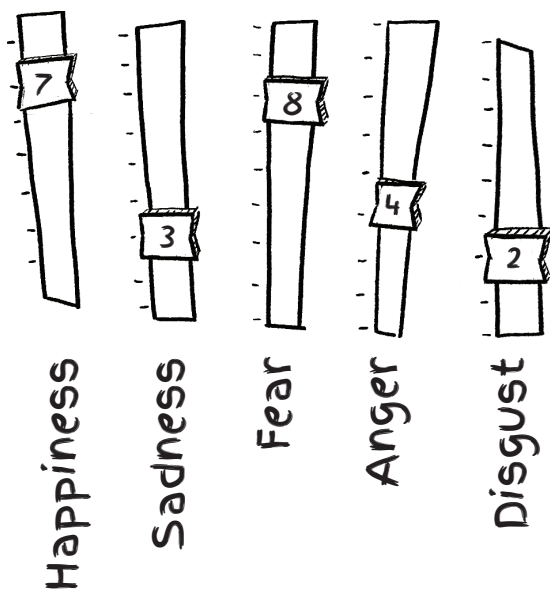
But for now, let's start in Disruption and see what happens. I mean, we don't really have a choice, do we? We're already disrupted. We're already wondering who we are. So we might as well try to figure it out.

In this section, I'll help you look at yourself a little better – maybe find out more about where you came from and how your past makes you who you are.

Follow me.
Let's get started.

Check in

You almost never feel just one thing at a time. Instead, your emotions are a mix – like a music mixing board with sliders for the six basic emotions of happiness, sadness, fear, anger, disgust and surprise. As you go through this workbook, use the “mixing boards” in the upper-right corners to check in with how you’re feeling. Just draw new sliders and number them to show what level you’re feeling each emotion (1 to 10). Since this is the first Check In there’s an example and also a blank mixing board that you can use to get started. On other pages, you’ll just see the blank mixing board. Give it a try: You don’t have to know exactly how you’re feeling, just ask yourself how “big” your emotions are and draw/number new sliders.



Introduce Yourself

Hey, since we just met, let’s introduce ourselves! Usually people say something like, “I’m a 15-year-old girl named Ty who lives in Shadow’s Edge and likes skateboarding.” But that’s just boring stuff. Let’s dig deeper and try another kind of introduction. Here, since you’re just getting started with this self-awareness stuff, you can fill in the blanks.

My name is _____

Something I’ve done that was really meaningful to me was _____

A person I love is _____ because _____

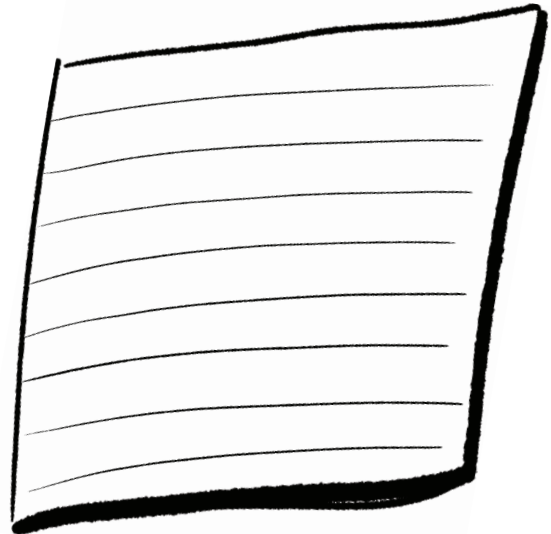
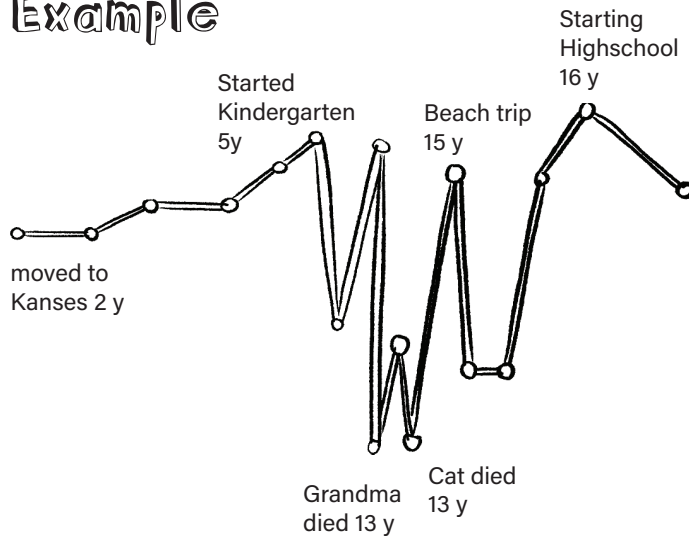
Sometimes I feel like _____

I’d like to work on being better at _____

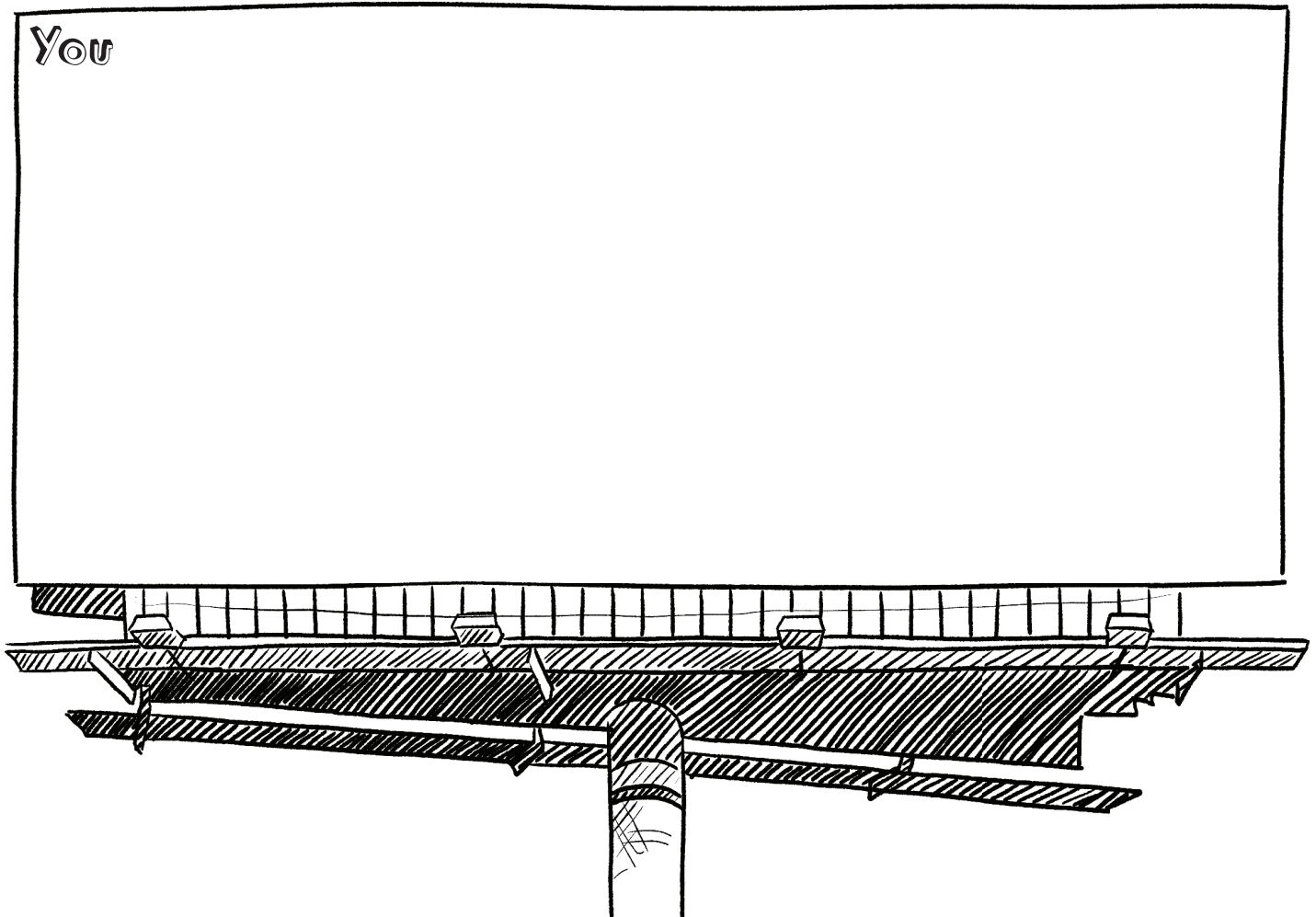
Lifeline

Make a timeline of your life – a “lifeline.” First, use the journal space to make a list of at least eight big events in your life. Did you move? Did you get a new pet? Did your family change? Did you lose someone you love? Some of these events are good and others maybe not so much. Now illustrate these events on your lifeline like the example.

Example

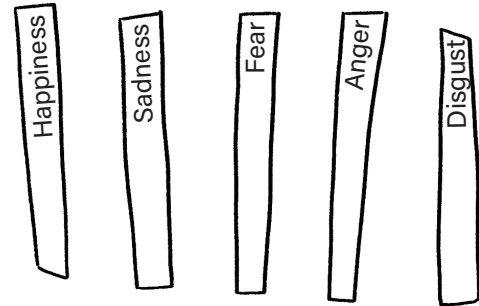


You



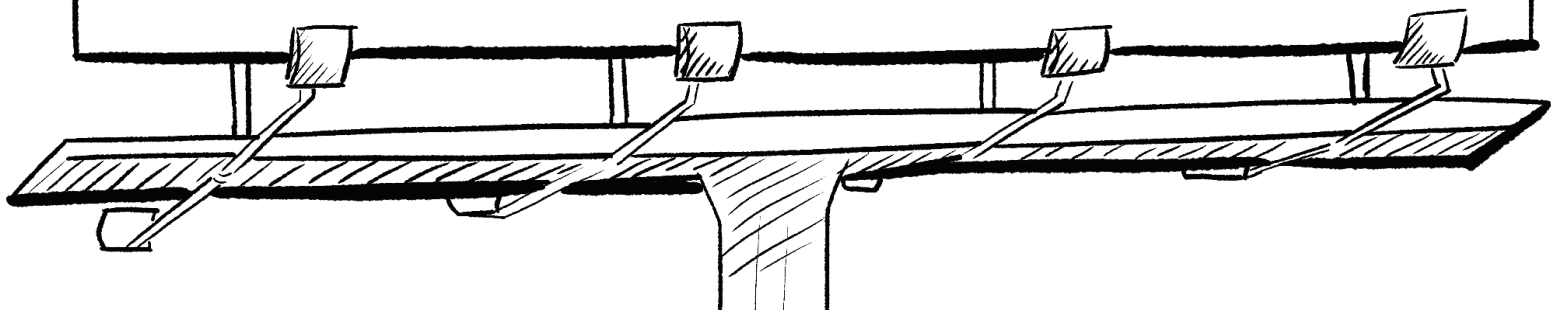
Outside-In and Inside-Out

How do other people see you? How do you see yourself? Make two illustrations. Don't feel like you have to paint the Mona Lisa! And if you want, you don't even have to paint yourself as a person at all. Feel free to express your feelings about yourself and how others see you any way you want. Then flip to the next page to write about what you drew.



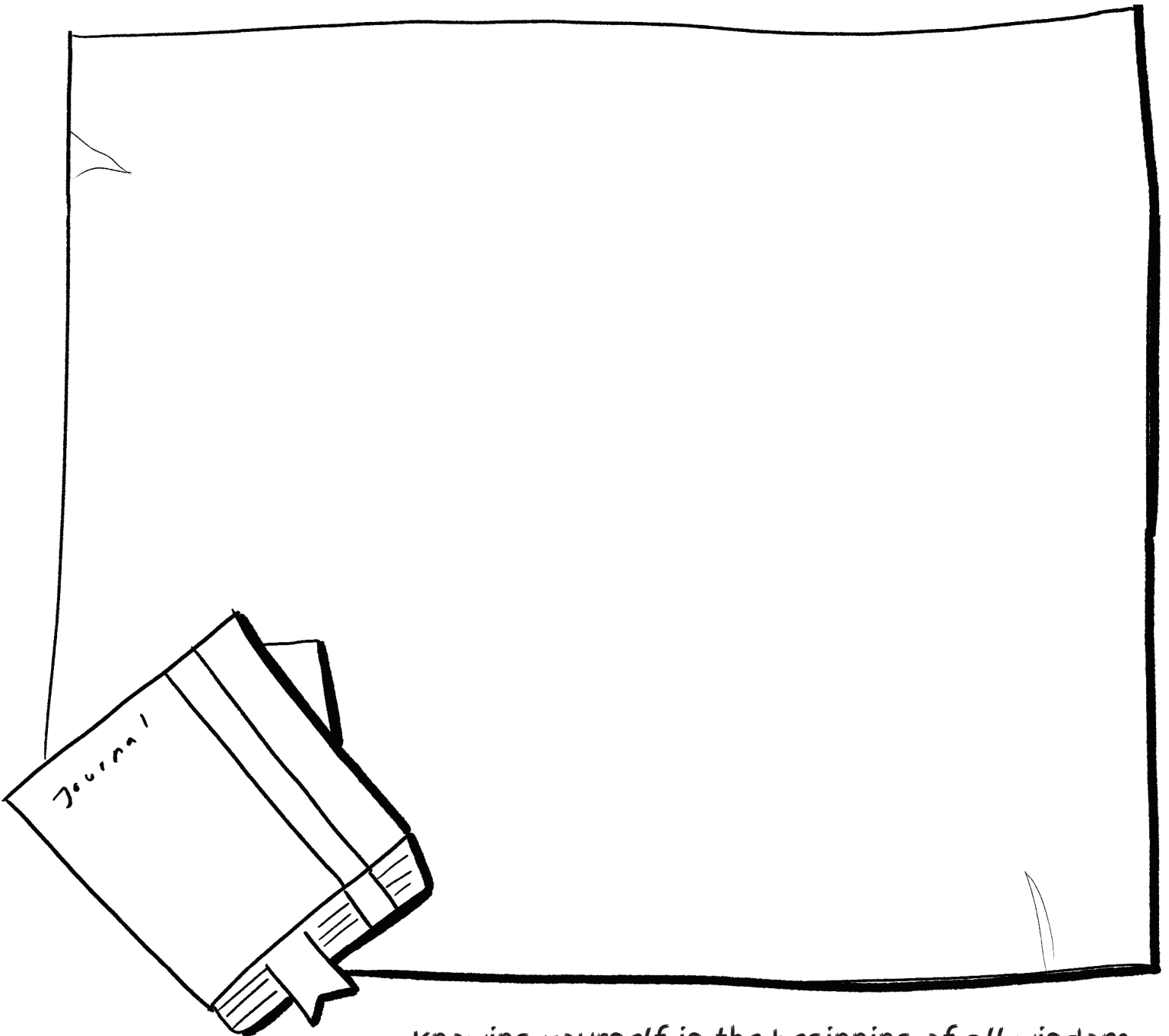
CHECK IN

"The purer the artist's mirror is, the more true reality reflects in it."
- Piet Mondrian, 20th century abstract artist



Outside-In and Inside-Out

Look back at your drawings on the previous page. What differences do you see? Is one of your drawings more "beautiful" than the other? Is one more colorful or organized or careful? What do you think the differences in your drawings says about how you see yourself and how others see you? Take 10 minutes to write about these differences here.



Knowing yourself is the beginning of all wisdom.
— Aristotle, Greek philosopher

The sound of One and clapping

For this exercise, you'll need a small piece of food like a raisin, a grape or a chocolate chip. Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.

Happiness

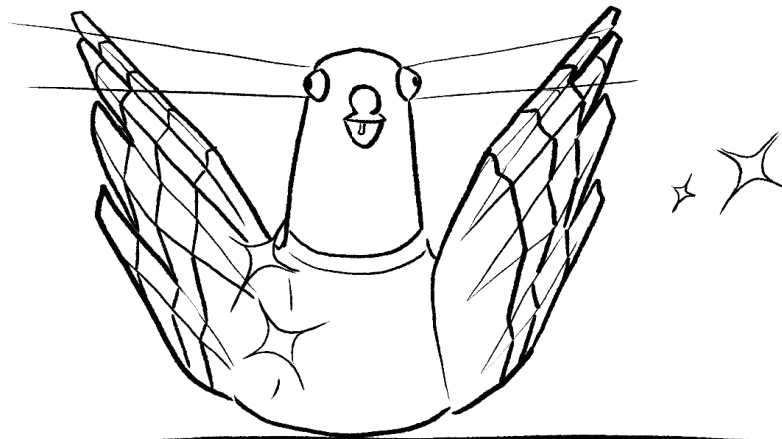
Sadness

Fear

Anger

Disgust

CHECK IN

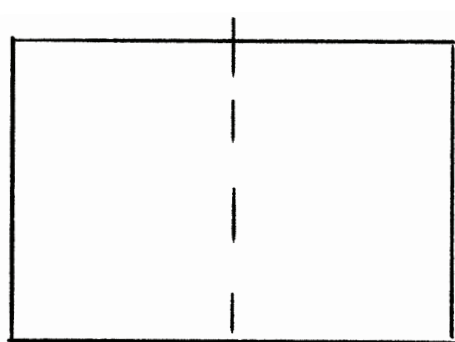
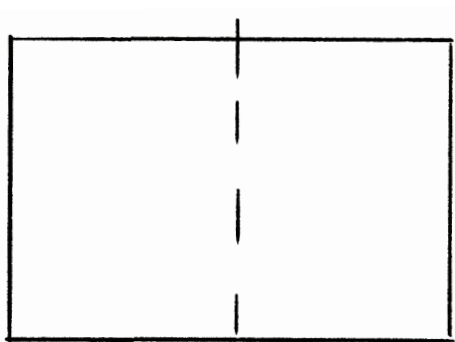
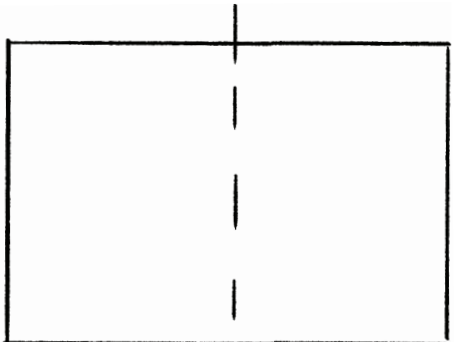
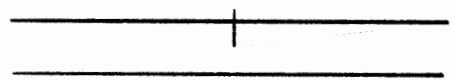
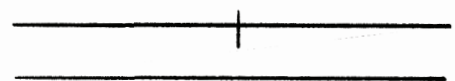
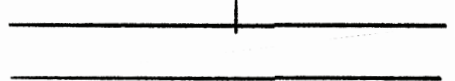
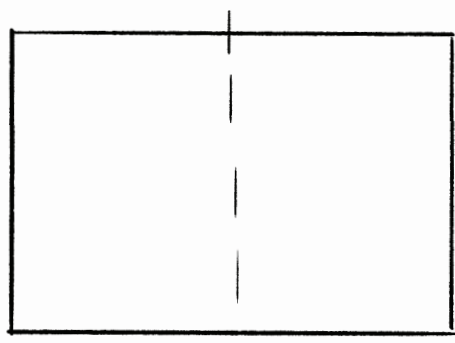
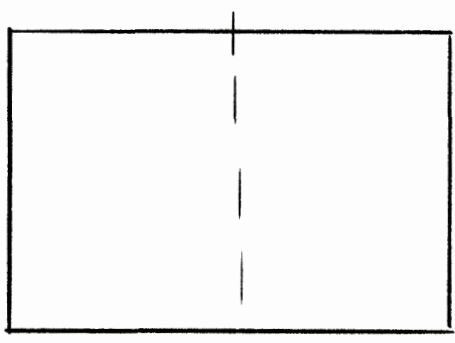
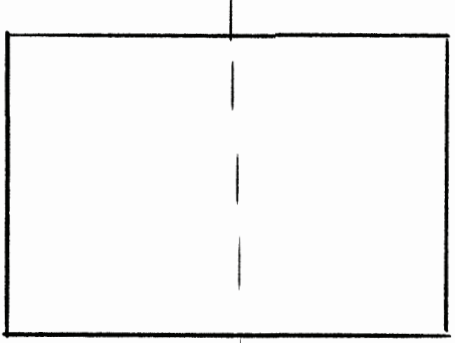
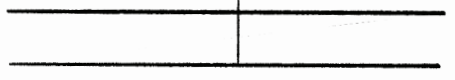
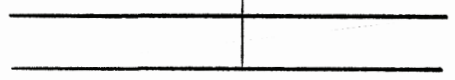
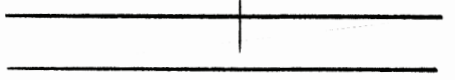
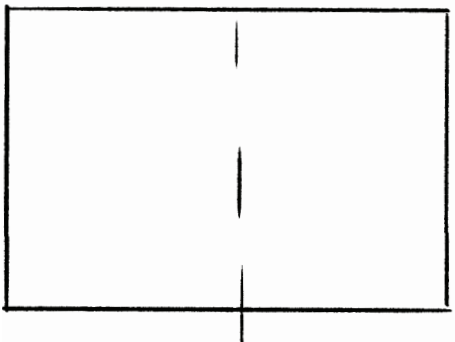
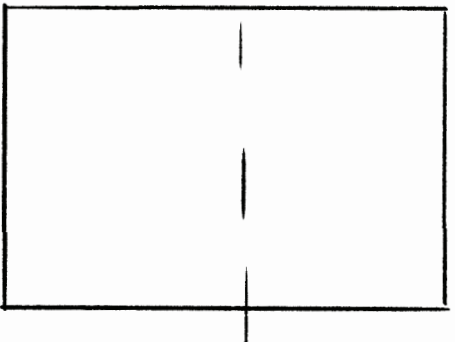
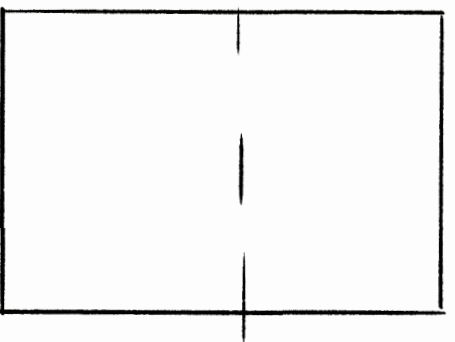
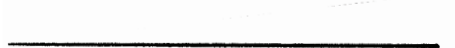




- What is the texture of your piece of food?
- How does it taste?
- See if you can smell the piece of food as you roll it around in your mouth.
- What other small and unique things can you notice about this piece of food?

"Everybody's at war with different things... I'm at war with my own heart sometimes." — Tupac Shakur

Rorschach Test: Art

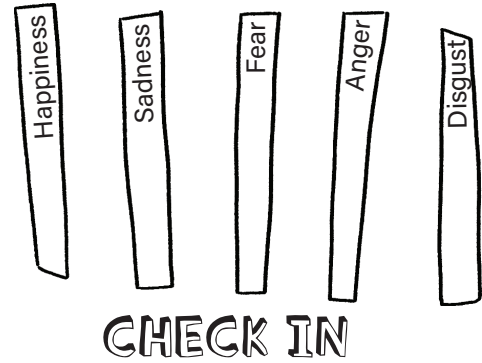
In this version of the famous ink-blot test invented by Swiss psychologist Hermann Rorschach, you'll explore what your interpretations of random shapes can tell you about your feelings. Fold this page along the first dotted line. Open the page and place a dot of paint in each of the three boxes along the fold. Close the page along the fold and press it tight to squish the dots of paint. Now open the page again and after letting the paint dry, use the first line under your squished dot to write what it looks like to you. Is it a cockroach or a smiling baby or the International Space Station? Do the same thing with the boxes along the second dotted line and once the paint is dry, fold, paint, squish, open and interpret the boxes along the third dotted line.

Rorschach Test: Journaling

Look again at your ink blots and how you interpreted them. Which blots did you see as generally positive and which did you see as scary, angry or generally negative?

For any blot you saw as kind of negative, write a new interpretation on the line below your first one. Could a zombie bat also look like a butterfly? Could a skull look like a smile? Now think about a time when you expected something to be awful but it turned out to be okay or even awesome. Spend at least 10 minutes writing about it here.



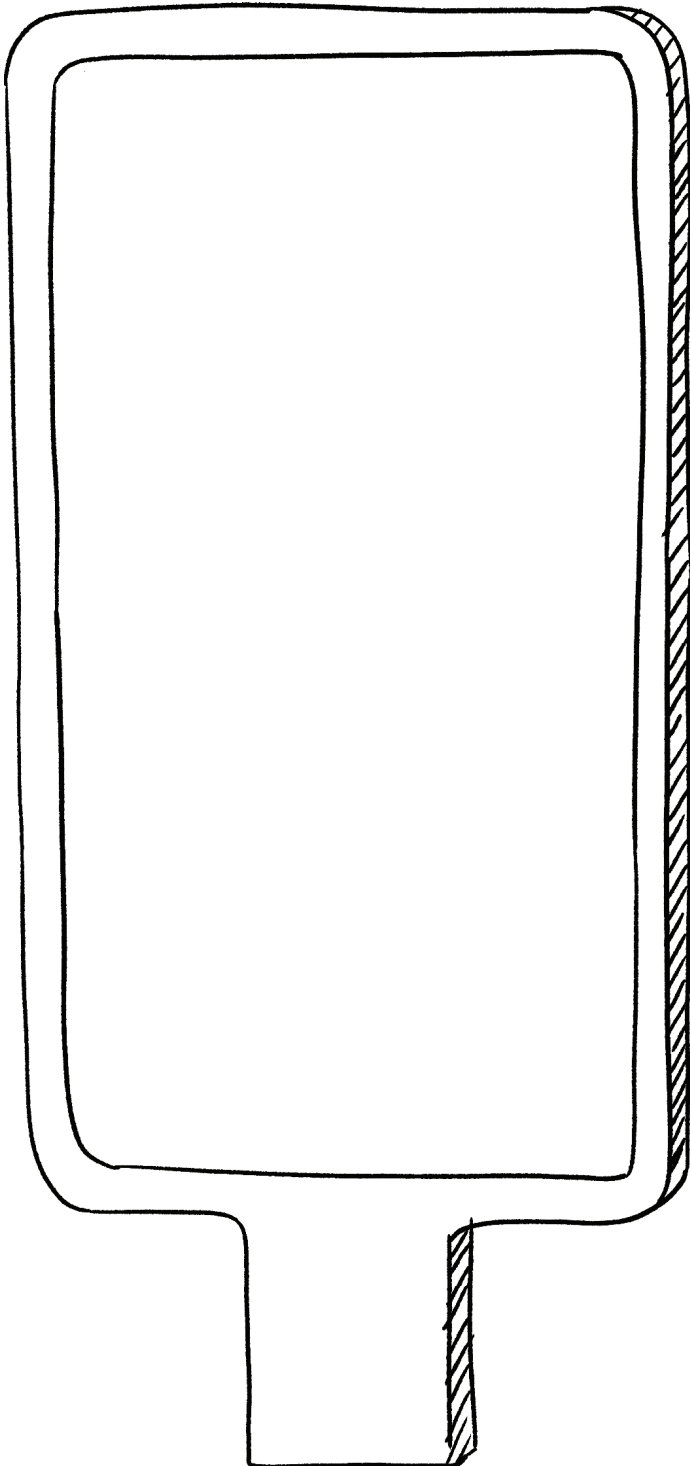
"Fear comes from uncertainty. We can eliminate the fear within us when we know ourselves better."

— Bruce Lee, martial artist and actor



Family Tree

You've probably seen family trees with spaces for your family. But these aren't the only important people in your life! Use this space to illustrate the people who are important to you. Use the inspiration of a family tree and your own creativity to draw connections between people you care about and who care about you.



Deep thought of the day:

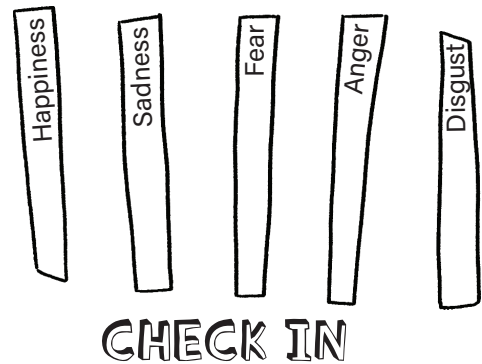
Do animals know they exist?

To find out, scientists do an experiment where they paint a red dot on an animal and then put the animal in front of a mirror. If the animal recognizes their own reflection and searches for the dot on their body, they pass the self-awareness test. Animals that have passed the Mirror Test of Self-Awareness include dolphins, orcas, magpies and many species of primates. Cats, parrots and octopi have failed.



The sound of One and clapping

Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.



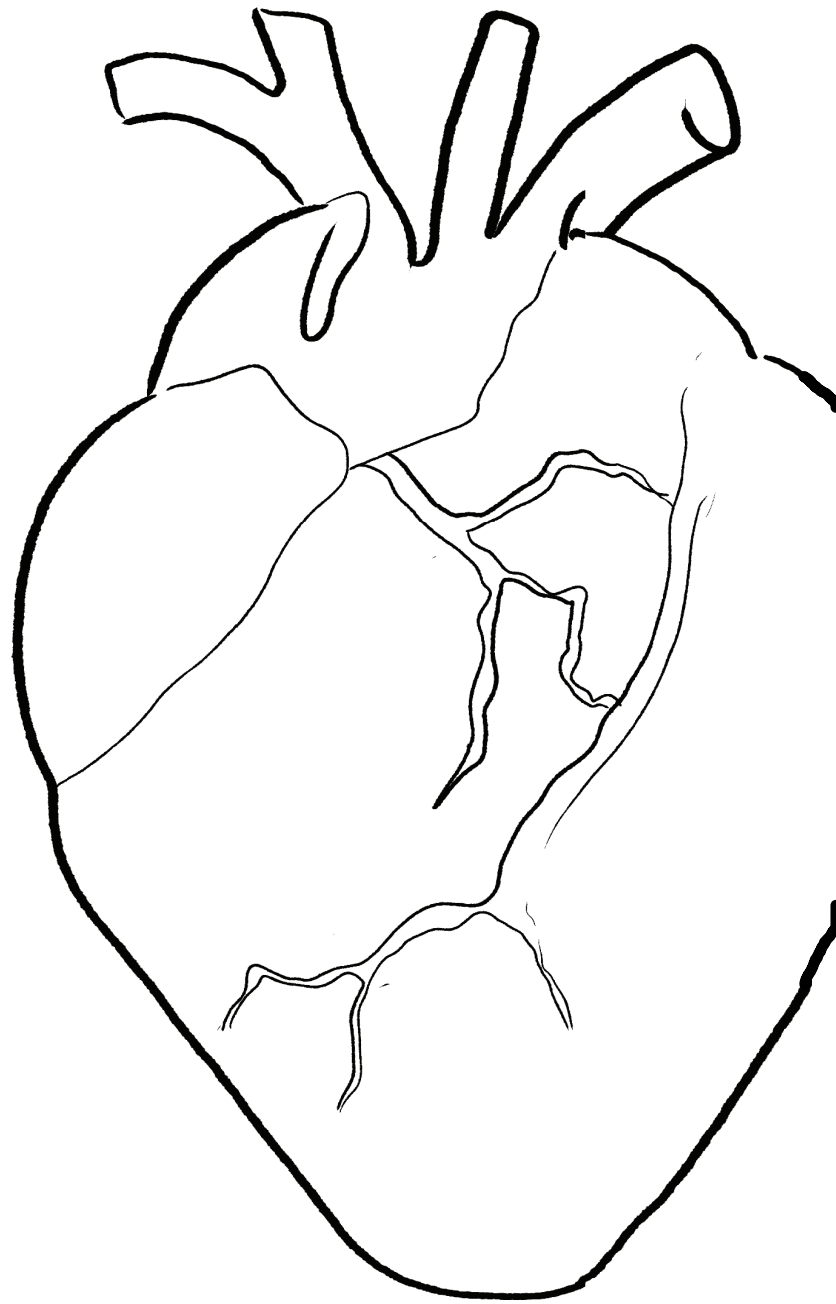
- Think about eating something disgusting. Can you use your mind to make your stomach feel nauseous?
- Think about eating and smelling something delicious. Can your mind make your body feel strong and healthy?
- Think about a random part of your body (like the first knuckle on your right, pinky finger) and imagine that it hurts or aches. Can your thoughts actually make this part of you ache?
- Think about another random part of your body and imagine breathing energy into it. Can you make this part of your body feel energized?
- Think about a time you did something that made you feel bad about yourself. What is this memory like in your body?
- Think about a time you did something that made you proud. How does this memory feel in your body?
- The way you think has the power to change the way you feel. Close your eyes and spend 30 seconds choosing what you think.



Things in my Head - my Heart

You know about brainstorming as in "coming up with ideas quickly," but sometimes it feels like there's a literal storm in your brain. It sounds weird to not think when thinking about the things you're thinking...but do exactly that. In the brain outline on this page, spend one minute listing as many things as you can that are going on inside your brain.

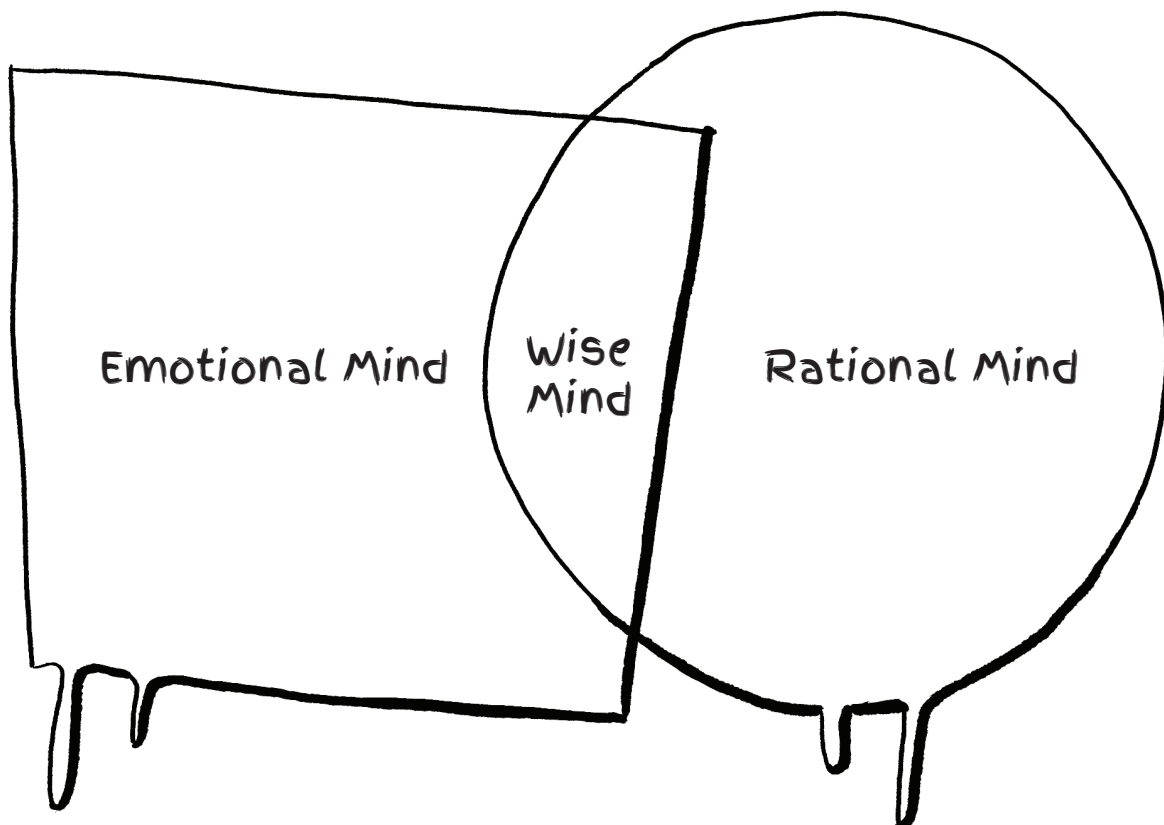
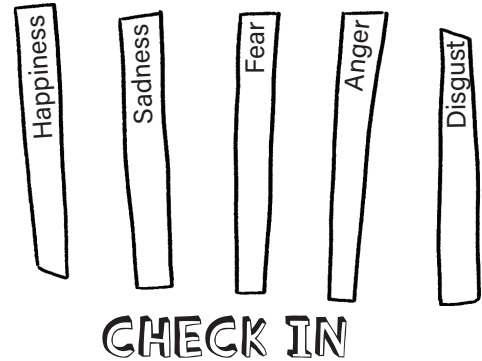
It's hard to know what's going on in your heart. So instead of one minute, spend two minutes filling in the heart outline with things you are feeling. You might list things like, "Worried about the bump on my dog, Ellie's, belly," or, "Excited to go fishing with my uncle this weekend," or "scared I'm going to fail the geography test."



Rational, Emotional & Wise Mind

Sometimes we think without feeling or feel without thinking. That's using your rational mind or your emotional mind. And it's not always a bad thing to just think or just feel. Some problems require thought and others require listening to your emotions. For example, doing a math problem requires your rational mind, while experiencing joy engages your emotional mind.

Your wise mind is a combination of the two. When you use your wise mind, you listen to your thoughts and your emotions to come to a wise decision or course of action. Your wise mind might help you say just the right thing in a tricky situation, or it might feel like a sense of certainty and calm about a big decision. Think about times you have used these three ways of thinking – emotional mind, rational mind and wise mind – and list at least two of these times in each section of the diagram on this page.



Animal Breath

How do animals breathe? With their lungs, of course! But not all animals sound, look or act the same when they breathe. Spend 30 seconds focusing on breathing how you imagine each of the animals on this page would breathe. If you're someplace you won't distract people, include sounds. If you like, include motions. And don't get tricked by the whale! Think about it: When does a whale actually get to breathe?

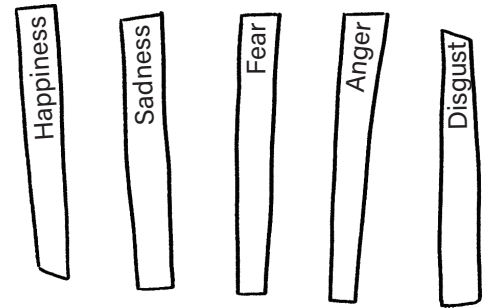


"At the center of your being you have the answer; you know who you are
and you know what you want."

- Lao Tzu, Ancient Chinese Philosopher and Writer

Body Breath

At its most basic, breathing is just pumping air in and out of your lungs. But there are many ways to do it. Spend at least 30 seconds practicing each of the following kinds of "body breathing".



CHECK IN

Shoulder Breathing

As you breathe in, raise your shoulders. As you breathe out, lower them.

Deep, Deeper, Deepest

Your first breath is regular, your second fills your lungs and your third breathe fills your entire body with as much air as you can possibly hold.

Belly Breathing

Keep your shoulders perfectly still as you expand and contract your belly with each breath.

Pressure Breathing

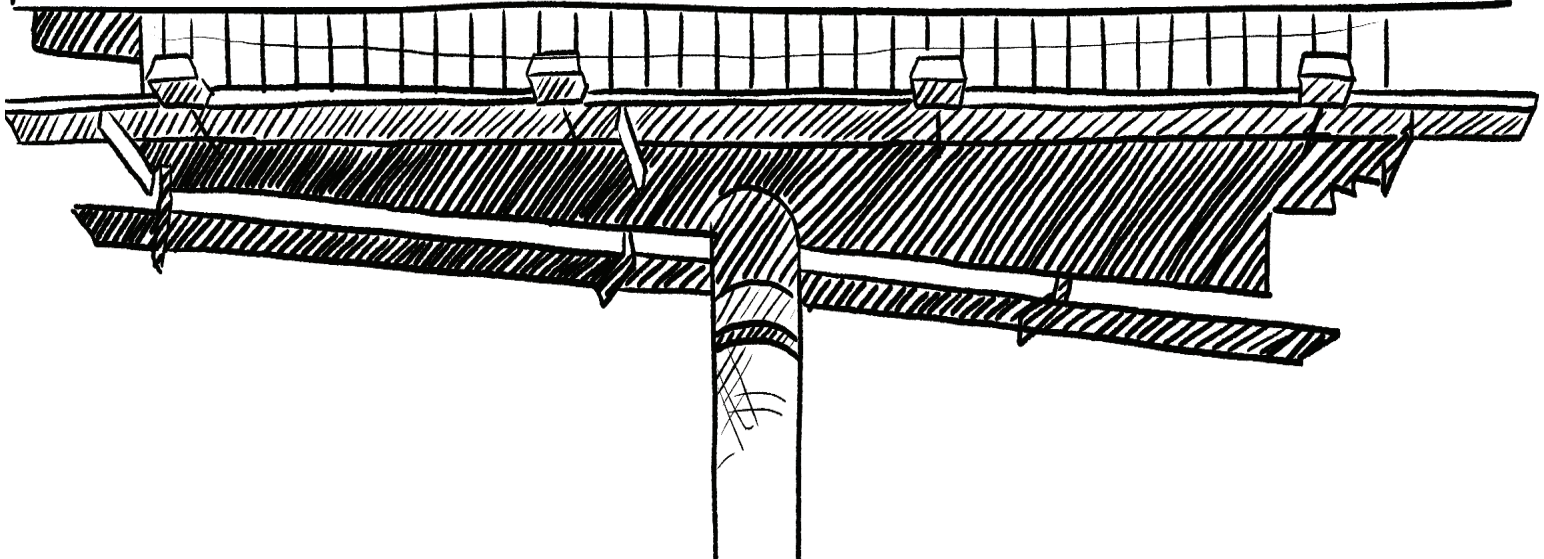
Breathe in through your nose and out through pursed lips (like you're silently whistling). Feel your breath pushing against the pressure of your lips.

Full Body Breathing

Breathe deeply and open your arms like you're getting ready to give someone a hug as you expand both your shoulders and your belly.

Even Breathing

Try to make every breath exactly the same size. For added challenge, try to take exactly 5 breaths of the same size in a minute.



Things I Like, Things I'm Good At

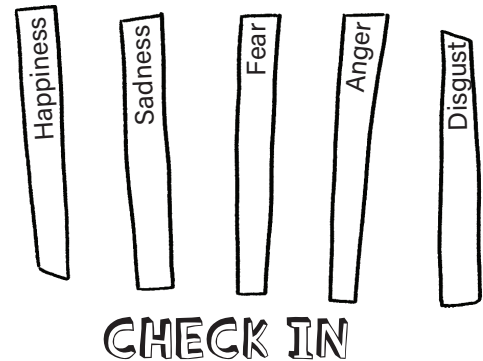
We all have things we like and things we're good at... and we also have things we don't like and things we're bad at. But what about mixing it up: What are you good at that you dislike, and what are you bad at that you like? For example, you might be good at making small talk at a party, but not really like it; or you might not have learned to play chess very well yet, but secretly really enjoy it. After filling in this chart with at least three activities in each box, take a closer look. Do you need to spend energy on things you're good at even though you dislike them? On the other hand, do you dislike some things only because you're bad at them? And is it worth trying to get better at the things you like but aren't quite an expert at yet?

	Things I Like	Things I Dislike
Things I'm Good At		
Things I'm Bad At		

	Things I Like	Things I Dislike
Things I'm Good At		
Things I'm Bad At		

How I See Myself, How Others See Me

Okay, let's try another version of the 2x2 chart. After filling in this chart with at least three examples in each box, pay special attention to the untrue thoughts – both your own untrue thoughts about yourself and the untrue things that other people think about you. Some of these untrue things might be good! Like, people might think you're super successful at everything, when you don't always feel that way, yourself. But ask yourself: Is it really worth letting people think untrue things about you – good or bad! – if that's not really you? Think about what you could do to help others know who you really are.



	Things That Are True	Things That Are Untrue
Things I Think About Myself		
Things Other People Think About Me		



Are you the same person you were 10 years ago? Of course not. But most people say they are going to be the same person 10 years from now. Researchers call this the "end of history illusion." You have always been changing. You will always change. Ten years from now, you won't be the person you are today.

The Wonderful Thing About Triggers

When you're in the stage of Disruption it can be hard to tell where your emotions are coming from. What emotion or state of mind seems to come out of nowhere more than you'd like? Maybe it's anger or depression or anxiety or distraction. An important step in moving through and past this state of mind is figuring out what puts you in that state of mind in the first place – psychologists call these things "triggers." Like, being hungry might trigger yelling at your sister. Or feeling left out might trigger playing six hours of online games instead of doing your homework. Use this log to find your triggers. When you feel yourself in that state of mind, flip to this page and fill out a row. As you fill in more rows, do you notice any patterns? Once you figure out what triggers your the emotion, you can work on dealing with or avoiding these things.

What emotion, state of mind, or emotion-fueled action seems to come out of nowhere and take over?



Date

Time

Location

Physical State

(food, sleep, exercise, etc.)

Emotional State

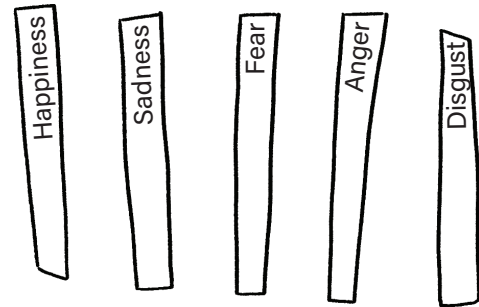
(stressed, excited, worried, etc.)

Who were you with?

What happened right
before?

The sound of One and clapping

Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.



CHECK IN

- Notice your toes. Feel your breath traveling from your lungs all the way to the tips of your toes.
- Imagine your toes dissolving as you move your attention up through your ankles, calves and legs. Give each part of your body at least one full, slow breath.
- Shift your attention inside your body to feel everything happening inside your stomach and chest.
- Keep moving your attention slowly through every part of your body, being curious about the sensations you find.
- Finish by moving your attention up through the top of your head and imagine it hovering above you for a full breath before dissolving as you open your eyes.



Check your temperament temperature

Your temperament is your usual mood – are you usually sad or happy, easy-going or high-strung, even-keeled or moody? People used to think you couldn't change your temperament, like it was something you were born with or that it was stuck by the time you stopped growing. Now we know temperament is like any other pattern or habit: While there are ways you usually act or feel, with work you can learn to act and feel new ways. You'll need a partner for this activity. Read the list of temperament descriptions and secretly write down four you would use to describe yourself and four you would use to describe the other person. Now compare lists. Talk about the ones you disagree on, for example, you might ask your partner why they chose "cheerful" to describe your temperament while you chose "gloomy."

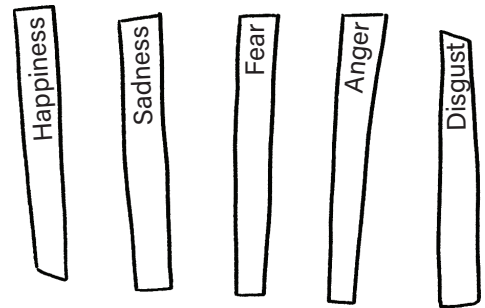
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impressionable active
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mettlesome warm hearty fiery grave loud
goofy flashy playful
hot-headed egotistic excitable volcanic
resigned hysterical sedate restless
sharp sophisticated serious jolly cheerful
gloomy sentimental over-sensitive
shy moody charming melancholic
emotionally stable fussy cheerless mature
nervous cynical impulsive morose



"I think self-awareness is probably the most important thing towards being a champion."
- Billie Jean King, American Tennis Player

Name it to Tame it

One reason it's so hard to know what you're feeling is you can't see or touch emotions. It's like trying to grab a handful of fog. So, let's make your emotions visible! In the spaces below, use colored pens or pencils to make illustrations for each emotion. Sure, you can draw a dark cloud for "depressed" and a smiling yellow sun for "happy," but before you do, ask yourself if that's really what these emotions look like to you. What very individual things in your life or your experience represent these emotions?



CHECK IN

Fearful

Angry

Anxious

Worried

--	--	--	--

Disgusted

Happy

Afraid

Confident

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Stressed

Depressed

Sad

Shy

--	--	--	--

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

— Carl Jung, Swiss Psychologist

About

About Shadow's Edge

Shadow's Edge is the first free self-help mobile game designed to empower teens and young adults to tap into the healing power of self-expression. Download the app for free at the App Store or Google Play and learn more at ShadowsEdge.com. Teens, join our social communities or read personal stories from your peers and discover resources at www.shadowsedge.com.

About the Digging Deep Project

The Digging Deep Project was founded by philanthropist Sheri Sobrato as a way to provide emotional support for young people going through tough times. She was inspired to create this project because she discovered so much about her emotions and herself during her own personal challenge with cancer as a young adult.

The Project began its journey with the journaling book *Digging Deep: A Journal for Young People Facing Health Challenges* by Rose Offner, MFA and Sheri Brisson, MA (Resonance House, 2014), followed by the mobile self-help app, Shadow's Edge, and now continues with this workbook. Parents, teachers and caregivers can find resources at www.diggingdeep.org or join our community at Facebook.com/DiggingDeepProject.

About Kristi Pikiewicz, PhD

Dr. Pikiewicz earned her PhD in Clinical Psychology at Pacifica Graduate Institute in Carpinteria, CA. She completed pre-doctoral training at the Nan Tolbert Nurturing Center in Ojai, CA, and her post-doctoral internship at the Boulder Institute for Psychotherapy and Research. She currently designs and delivers a social-emotional learning curriculum for a K-8 school in Boulder, CO with a mission for gifted education. Previously, Kristi spent eight years as a middle school language arts and social studies teacher, and holds a B.S. in environmental science from Allegheny College and a teaching credential from Western Washington University.

About Ilse de Cock

Ilse is a Dutch illustrator and designer. After getting her Bachelors of Science and Art, Ilse started as a freelance designer. She enjoys working on projects that are both artistic and do-good, like this book and Shadow's Edge. Her life revolves around creativity with design as her job and art and music as a hobby. Take a look at her works at: www.ilsedesign.com