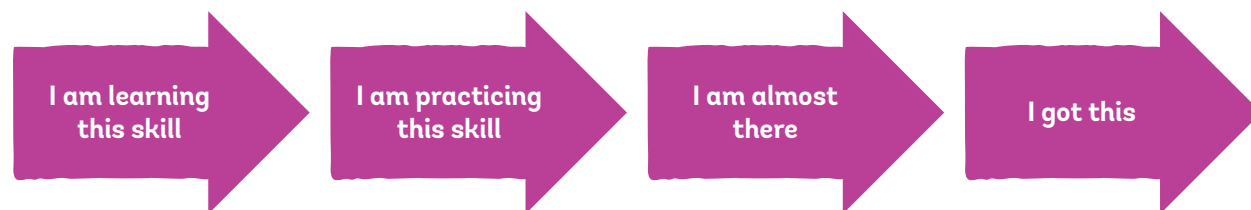


# SELF-ASSESSMENT

Where am I in my understanding of the meaning of **Emotional Self-Awareness**.



How am I doing in my practice of using **Emotional Self-Awareness** skills with my child.



Name: \_\_\_\_\_

