

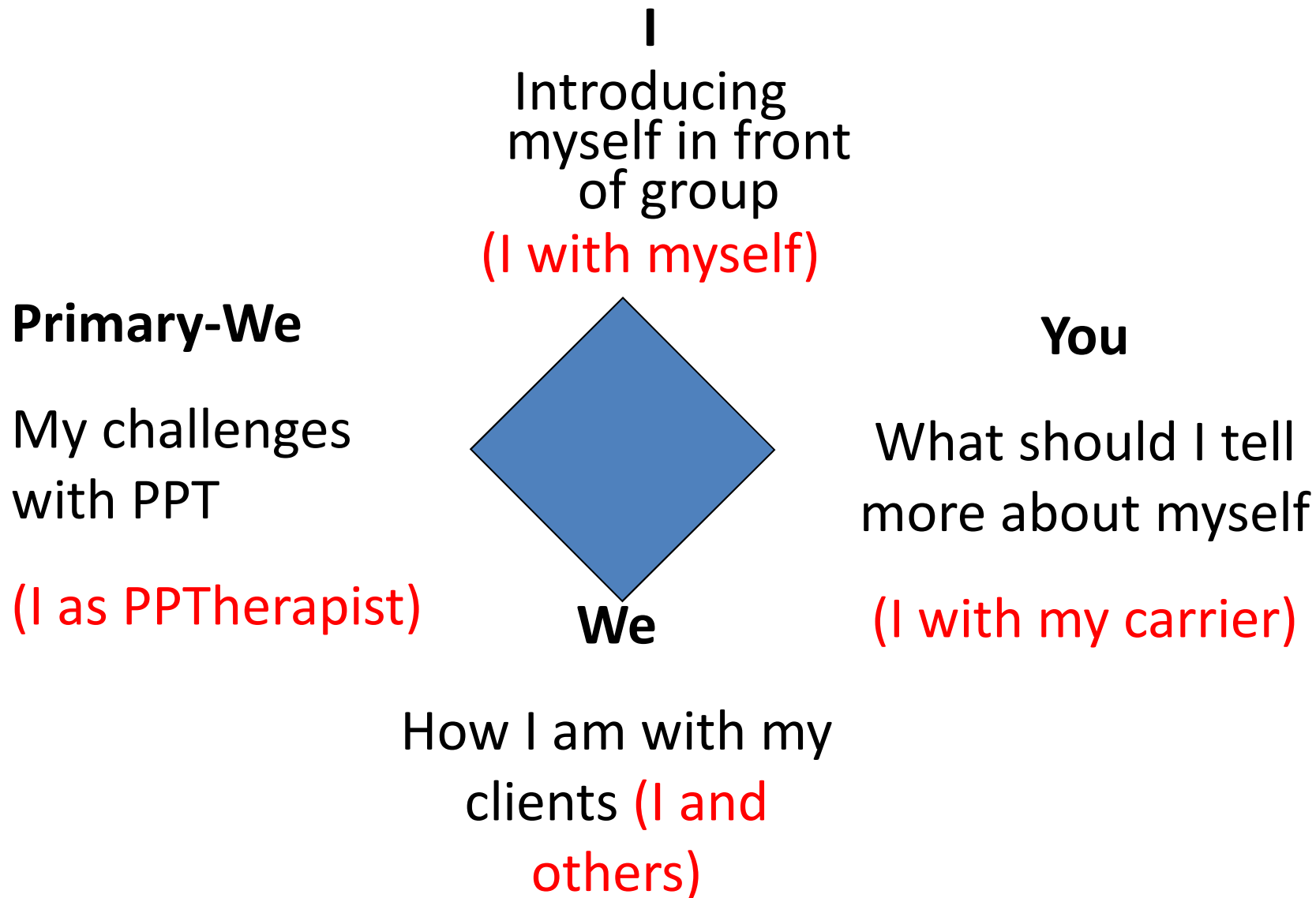
Self Discovery – practical exercising

Enver Cesko

ITS , Wiesbaden , November 2017

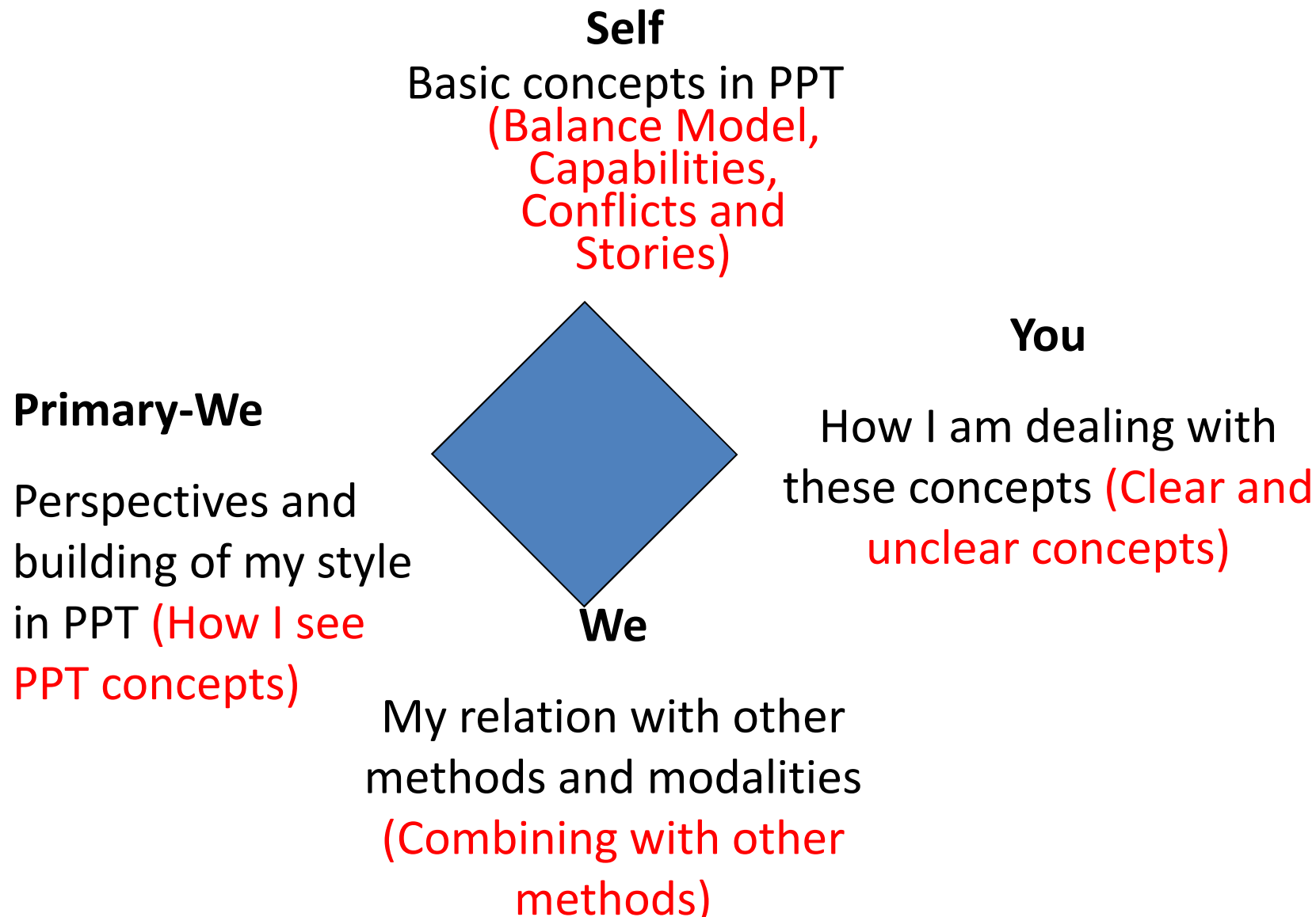
My understanding of PPT(*Past*)

1. Attachment - Self reflection



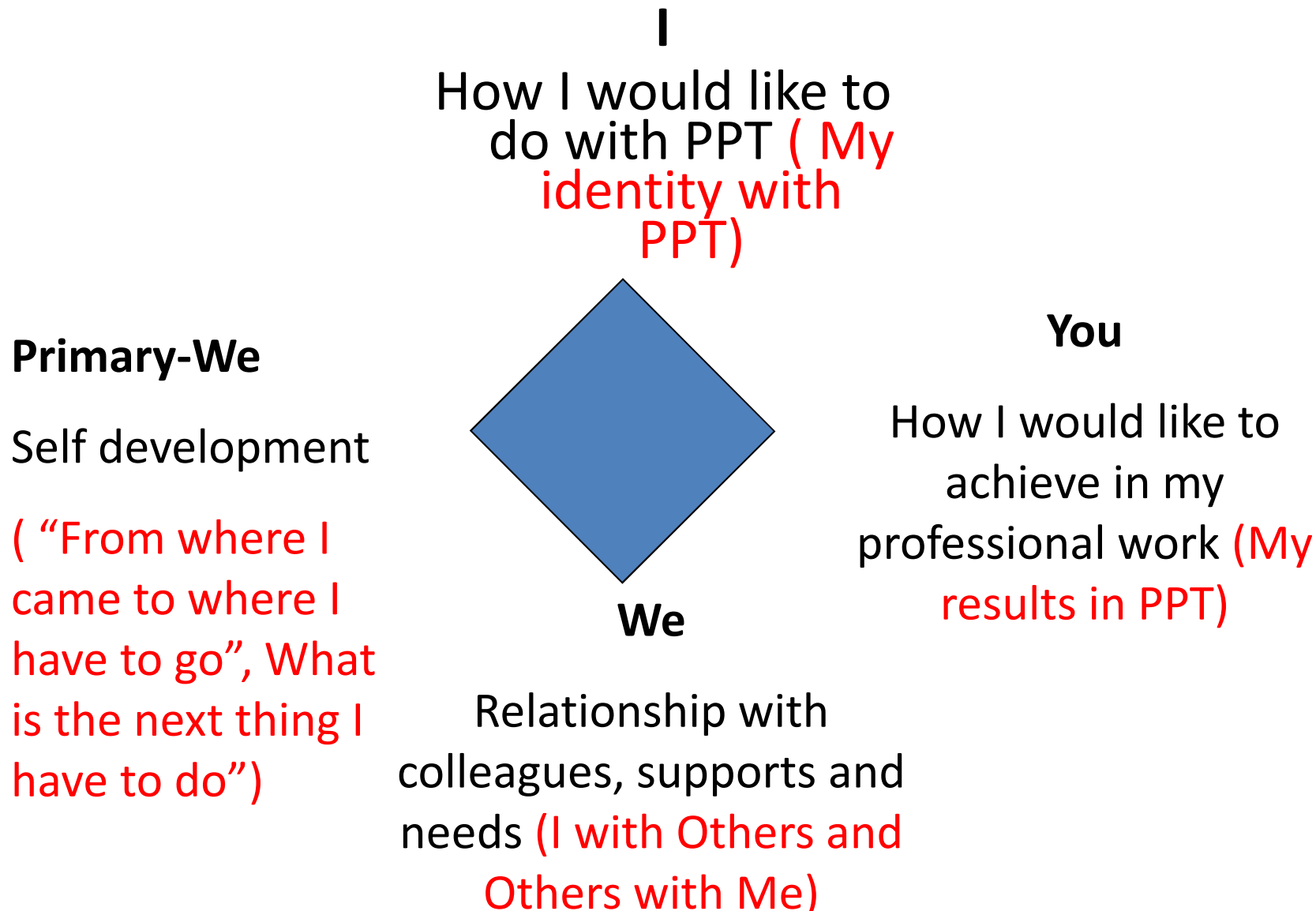
My understanding of PPT(*Presence*)

2. Differentiation – Self discovery



My understanding of PPT(Future)

3. De-attachment – Self actualization



Questions reflecting my relationships

- Are you comfortable handling a problem by yourself and relying on someone who is important to you?
- Do you value the importance of both your emotional experiences and your more reflective insights?
- Do you adopt a highly rational approach to life`s decisions while placing little value on your emotional experiences?
- Do you focus more on your relationships than on your individual interests and pursuits?
- Does your mind frequently wander to past relationship problems and losses, including those that extend back into childhood?
- Do events from past relationships intrude into your experiences in your present relationships?
- Do you have considerable difficulty regulating your thinking, emotions, and behaviors in certain situations with your partner?
- What do you think the past relationship events are that negatively affect your current relationships and functioning?
- What benefits do you think there are in maintaining this style?(what would you not want to give up if you were to change this style and adopt a more autonomous style)?
- What initial thoughts do you have about how to make changes so you can resolve past relationship stresses so they have little or no impact on your current relationships?

Self discovery according to PPT - practice

5 Stages	Goals	Content
Broadening the Goals	Developing my professional carrier Continual Professional Development CPD	What should I have to do to keep my performances , lessons learned and self development, have to do and need to do
Verbalization	Strengths and weaknesses in my carrier Protection from Burn – Out	What I am doming to reach my performances , giving the meaning and recovery, positive challenges
Encouragement	I in my carrier and my relationship with my performance Motivation and Stimulations	My relationship and my development in achieving my performance , new approaches , styles
Inventory	My identity with PPT Learning , being aware	How I am dealing with PPT concepts , my inner self, acceptance
Observation	I with myself Studying	How I am dealing with myself , obstacles, conflicts and difficulties,