

Juliette Lee

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Feedback 5

Our relationships are the best mirrors we have for learning about ourselves. The following exercise is designed to help you learn more about how others perceive you.

Select **5 people** who know you, preferably from different areas of your life, and ask them the following **5 questions?**

1. What is the **first thing** you think of when you think of me?
 2. What do you think my **greatest accomplishment** is?
 3. What do you **value** most about me?
 4. What do you perceive to be my **greatest strength**?
 5. What do you perceive to be my **greatest weakness**?
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Reflection

1. What are your own answers to the 5 questions?
2. How do the responses compare?
3. Who do you think is right?



Everything that irritates us about others can lead us to an understanding of ourselves.

Carl G Jung

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