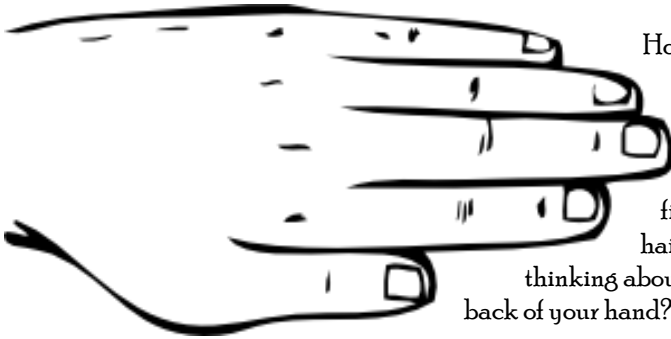


Like the Back of My Hand



How well do you know yourself? There's an old expression: "I know it like the back of my hand." Really? The truth is, we often lack self-awareness. We're quick to point out what others are doing wrong, but don't notice the same problems in ourselves. Take a moment and trace and then draw the back of your hand. Add every detail, every crease, vein, knuckle, and fingernail. Notice where your hand is darker or lighter. Look at all the tiny hairs and lines. Be as detailed as possible. Breathe deep as you draw, thinking about what you are discovering about yourself? How well did you know the back of your hand? How well do you know yourself?

My Hand →

Back of My Hand Contemplation Questions

1. Many great philosophers have noticed that the traits, characteristics that bug us in other people, are often the very faults we also fail to notice in ourselves. What are some of the things that bother you most about other people? When they're loud? Cocky? Rude? Offensive? Make a list.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_

2. Which of the above traits do you think you might display sometimes?