

# What are the benefits of self-awareness?

It's hard to overstate the benefits of self-awareness, but here are a few of the most common positives that come from increasing our self-awareness:

- **Better relationships.** It's difficult to ask for what we want and need in a relationship when we're not very clear about those things ourselves. What's more, the less self-awareness we have, the easier it is to get defensive in our interactions with people, which is a recipe for disaster in any type of relationship. If you want to [improve your relationships](#), start by trying to become more self-aware.
- **Improved moods.** Our mood and how we tend to feel hour-to-hour is largely dependent on how we choose to think and behave. When we improve our awareness of [the relationship between thoughts, behavior, and emotion](#), it becomes easier to regulate our feelings and moods.
- **Clearer thinking and better decision-making.** [Poor decision-making](#) often comes from muddled thinking and strong emotional reactions. When we become more aware of our habits of thought and feeling, we can more easily distinguish between short term impulses or desires and long term values and goals.
- **More effective communication.** Achieving a clearer sense of what you believe and what you really want makes it far easier to communicate in any aspect of life, whether it's with a spouse, manager at work, or best friend. The better we know ourselves, the easier it is to [communicate assertively](#), to be honest about what we would like and respectful of the wishes of others.
- **Increased productivity.** The most common [cause of procrastination](#) and poor productivity isn't a lack of effort or commitment, it's interference from ourselves. When we struggle to get to work, it's usually because on some level our own thoughts, emotions, or habits are getting in the way. Improving self-awareness can help eliminate many of these hidden obstacles to productivity.