



ROOT: "gewear" (adj).
 Awareness comes from the adjective *aware*, which came from late Old English *gewear* meaning 'watchful, vigilant'. Today, awareness regards one's knowledge or perception of a situation or fact.

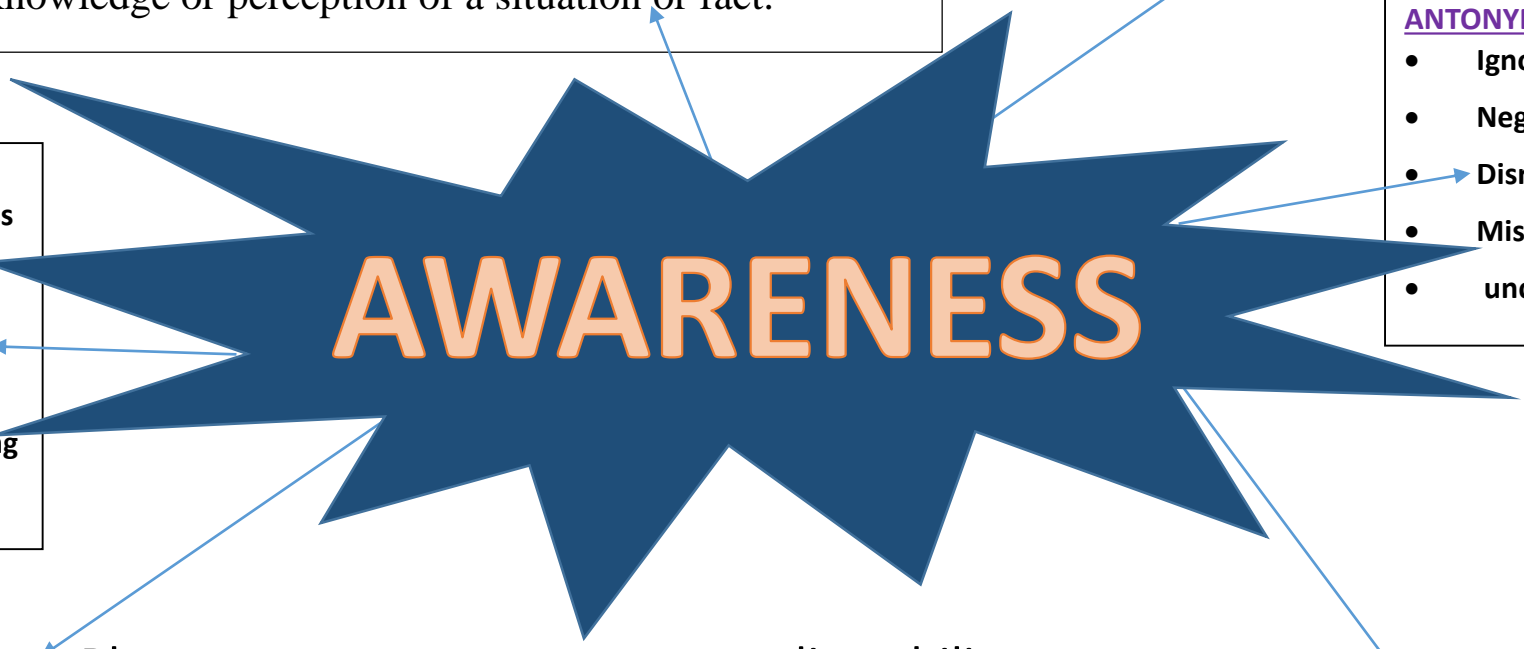
Type of word: noun
3 syllables: a-ware-ness

ANTONYMS:

- Ignorance
- Neglect
- Disregard
- Misunderstanding
- unconsciousness

SYNONYMS:

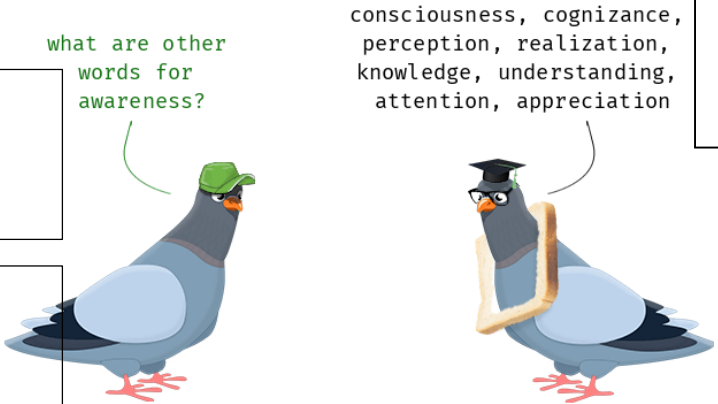
- Consciousness
- Recognition
- Realisation
- Cognisance
- Understanding
- Perception



EXAMPLES:
Rhyme awareness promotes reading ability.
The movement brought a painful awareness of how stiff her muscles were becoming.

QUOTES:
"The first step toward change is awareness. The second step is acceptance." -Nathaniel Branden

"Awareness is a key ingredient in success."
 -Michael B. Kitson



HOW I REMEMBER THE WORD

HOW TO BE SELF-AWARE:

- Try to look at yourself objectively, as though from another person's perspective. This can help you understand yourself and the actions you take.
- Keep a journal; write down your goals, plans, and priorities.
- When you develop self-awareness, your own thoughts and perceptions of yourself and others will begin to change.