INTROSPECT

Meaning: To introspect means to examine and reflect on one's own thoughts, feelings, and emotions.

1. As she faced her challenges, she took a moment to introspect and understand her emotions.
2. The quiet evening gave him the perfect opportunity to introspect and reflect on his life choices.
3. To truly grow, one must learn to introspect and analyze their own thoughts and behaviors.
4. He realized that to make better decisions, he needed to introspect about his past experiences.
5. Introspection can lead to greater self-awareness and a deeper understanding of one's motivations.

Source: sentences.whatistheurl.com

https://sentences.whatistheurl.com/sentence/introspect