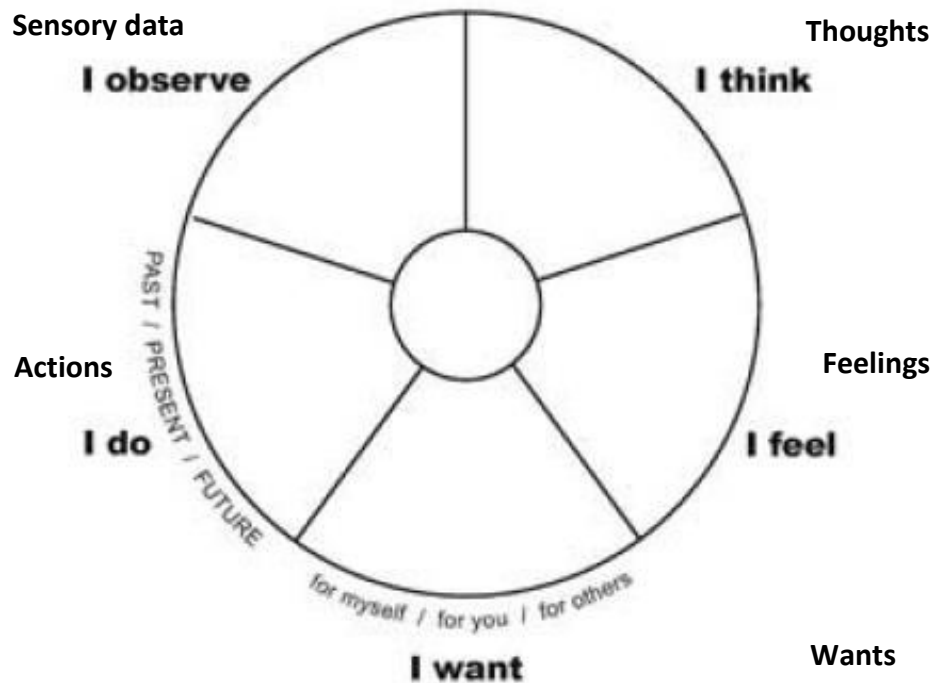


Awareness wheel

Correlates with p. 9 of the Participant workbook.



Sensory data – Observations, descriptions, examples, facts/figures.

Thoughts - Assumptions, beliefs, interpretations, expectations, evaluations, opinions.

Feelings – Emotions (happy, frustrated, disappointed, sad, angry, excited).

Wants – Aspirations, dreams, hopes & goals, intentions, longings.

Actions – Behaviour, statements, activities, accomplishments (Past & Present).
– Plans, proposals, promises (Future).