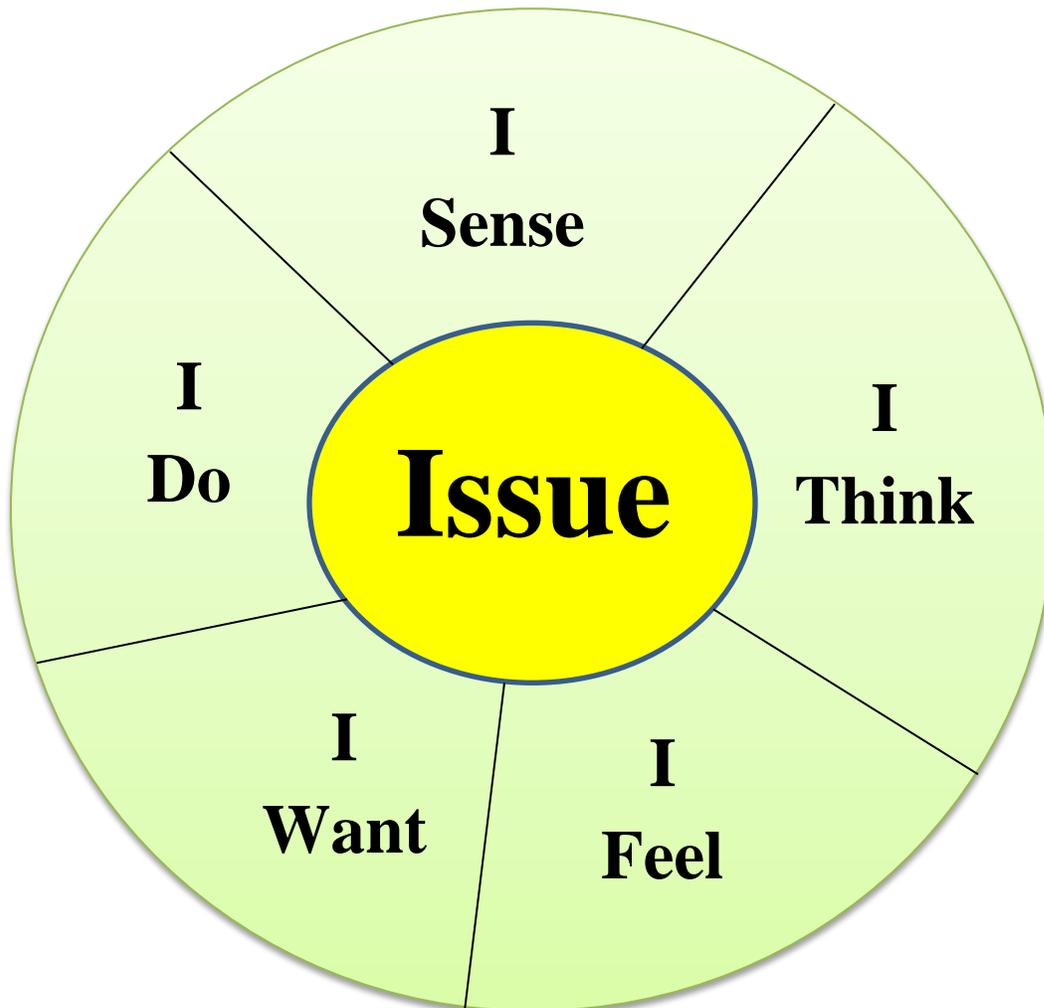


THE AWARENESS WHEEL



Description

The Awareness Wheel is a tool for processing events to have a clearer understanding of the thoughts, emotions, and actions we can decide to take. Using this model helps each of us decide how to respond to an issue rather than go with our automatic reaction.

How to use it

An issue can be defined as a situation, event, experience, awareness, or opportunity that concerns you or any other person in your network that requires resolution. Issues indicate something is changing or must change. Issues are made up of 5 types of information: sensory, thoughts, feelings, wants and actions. By using the Awareness Wheel you can better articulate your understanding of the issue one step at a time.

Starting from Sensory Data, the speaker can move clockwise around the circle to avoid confusion about how he stands on any issue. When speaking, talk through your Awareness Wheel using the first person, or "I" statements.

Sensory Data	What have I seen, heard? <i>Ex: I saw Sandy and Kim whispering during my presentation.</i>
Thoughts	What do I think is going on? What are the stories in my head? (Beliefs, judgments, influences) <i>Ex: I assumed they were having a personal conversation.</i>
Feelings	How am I feeling? (Mad, Sad, Glad, Afraid, Surprised, Disgusted) <i>Ex: I was angry and felt they were being rude.</i>
Wants	What do I want? For myself, for others, for stakeholders? What are my intentions, desires, hopes? <i>Ex: I want to be respected.</i>
Actions	What will I do (future)? What have I been doing (past and current)? <i>Ex: I will ask them if they have any questions about my presentation.</i>

References:

ICP - Interpersonal Communication Programs, Inc.
Principals: Sherod Miller, PhD and Phyllis Miller, PhDs.
<http://www.i-skillszone.com/about-icp.html>