

# THE AWARENESS

## WHEEL

**Deconstructing an event to know how to respond appropriately**

1

### I SENSE

What do I see?  
What do I hear?



2

### I THINK

How do I interpret what I see and hear?

What are my judgements?

3

### I FEEL

What is my emotional response? How do I feel?



4

### I WANT

What do I want, hope and desire for myself and others?

5

### I DO

What will I do I want for the future, past and present?