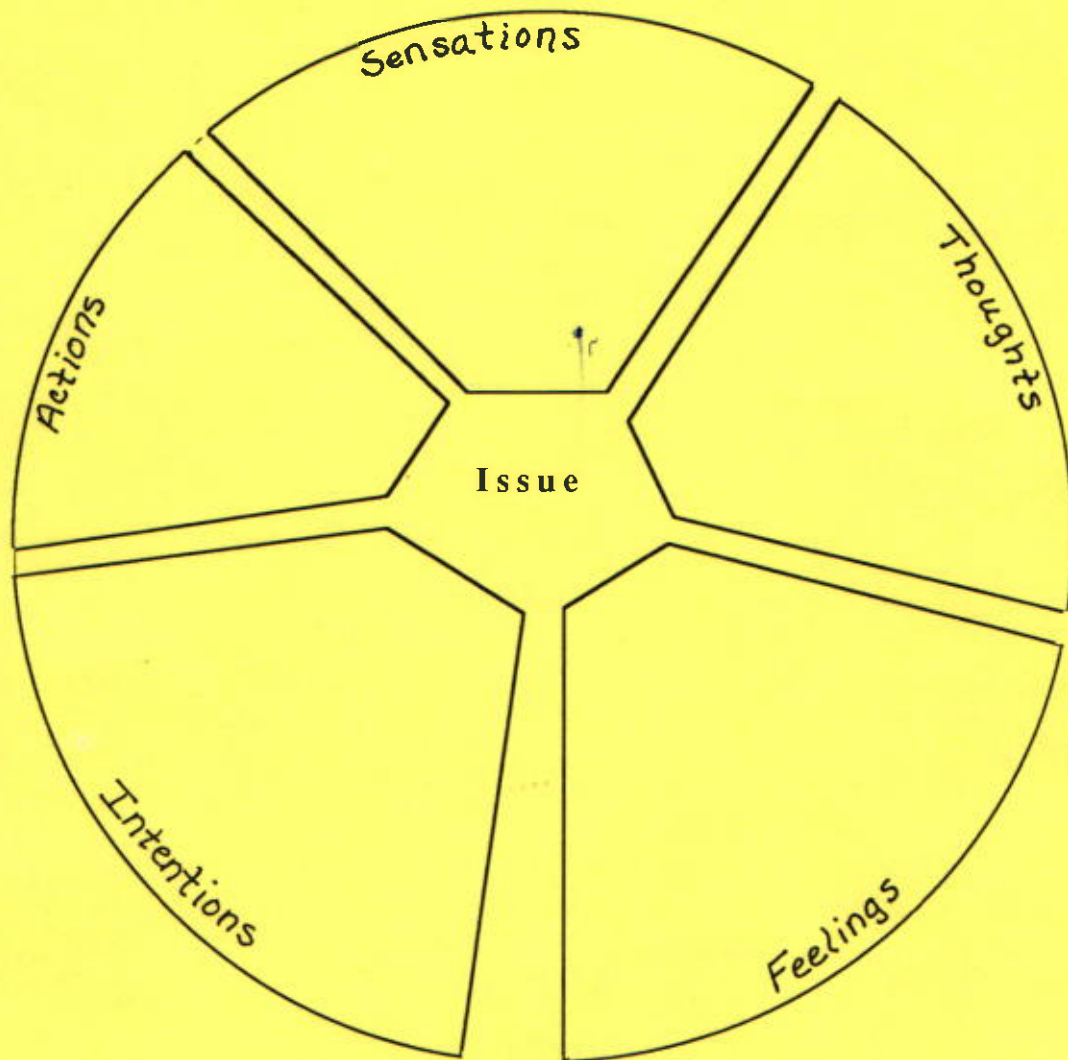


AWARENESS WHEEL



Issue: anything which concerns two people in a relationship.

Sensations: outside information that comes to you thru your 5 senses.

Thoughts: the way you choose to think about a situation that helps you to understand it.

Feelings: spontaneous, emotional responses you have in a situation.

Intentions: what you want; ways you want to be, or things you want to do in a situation.

Actions: What you are doing now, what you did, what you will do later.