Map of the territory of your personal experience

The Awareness Wheel is a map to help you become more aware of yourself or another person at any point in time. The five dimensions in this tool will give you a comprehensive framework for discovering and understanding crucial information inside yourself and others.

The Awareness Wheel includes five zones: Sensing, Thinking, Feeling, Wanting, and Doing. All five parts are distinct yet interact with each other. All five are constantly present in your experience even though you may not be consciously aware of them. They become available when you tune in to them and use them.
The Five Awareness States:

**Sensing:** Your sensory data
Your five senses—sight, sound, smell, taste, and touch—are your immediate points of contact with the outside world. Through these channels of what you notice, you collect raw data.

**Thinking:** The meaning you make
Thoughts are the meaning you make out of sensory data. Although all thoughts are certainly not organized or coherent, this zone of the Awareness Wheel emphasizes the logical, analytical, and rational process of weighing data to arrive at an interpretation or conclusion. Thoughts are influenced by your past, present, and anticipated experience.

**Feelings:** Your emotional responses
Feelings are your spontaneous internal physical response to the comparison between your expectations and what you experience in a situation. Feelings are information about you in the moment. They do not have to be justified, denied, or avoided; they are a part of what is.

**Wants:** Your intentions
Wants are your intentions, desires, and wishes for yourself, for others, and for your relationship together. They reflect your core values. They are the attributes you hope to be, the activities you hope to do, the things you wish to have, and even where you turn to be energized.

**Actions:** Your behavior
Actions are your behavioral output—what you do. They are the result of how you process the other parts of the Awareness Wheel. They are the visible signs of what you are experiencing. You may either act—a conscious choice—or react—an unconscious response. It is here where you make choices and commitments to do or not to do; to say or not to say.

Framework for use:

**Orientation**
- What I notice about myself; awareness
- What I share with others
- What I look for from others

**Used interactively**
- Feedback
- Helping
- Conflict resolution