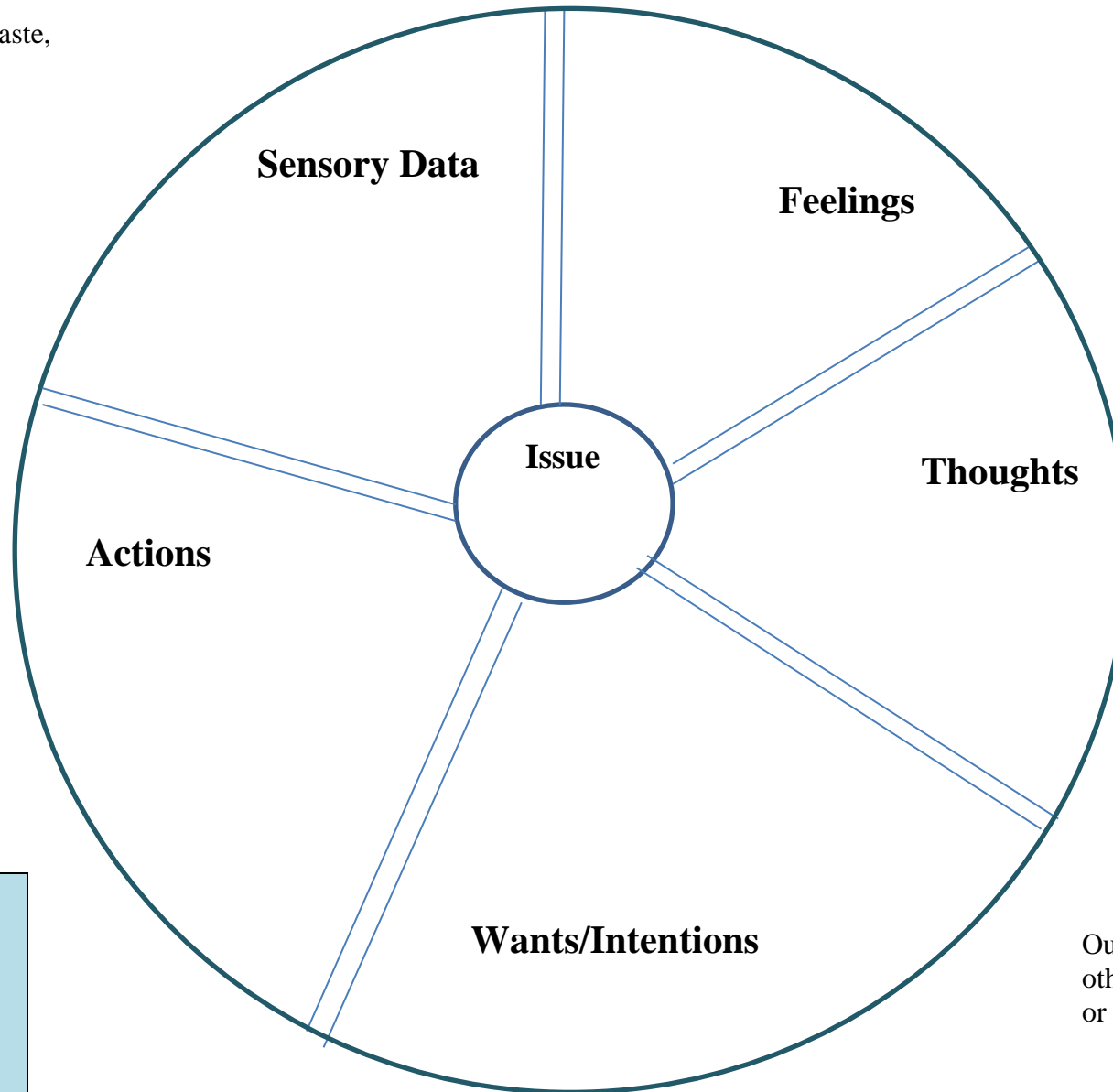


Awareness Wheel

*Adapted by Dr. Rob Burdette from Miller & Miller
Couple Communication Labs*

See, hear, touch, taste,
smell, intuit,
pheromones

Fight/flight; reactive,
circular, inner/lower
brain



Meanings we make out
of sensory data we
receive, logical, linear,
concepts, ideas, upper
brain

What we do
and say

Our desires for ourselves and for
others, short or long term, general
or specific

- 5A's
- 1) Awaken
 - 2) Analyze
 - 3) Act
 - 4) Adapt
 - 5) Affirm