

Awareness Wheel Work Paper

Issue: _____

Importance Score (0-10) _____

Emotional Charge (0-10) _____

Disturbance Level (0-10) _____

Sensory Data:

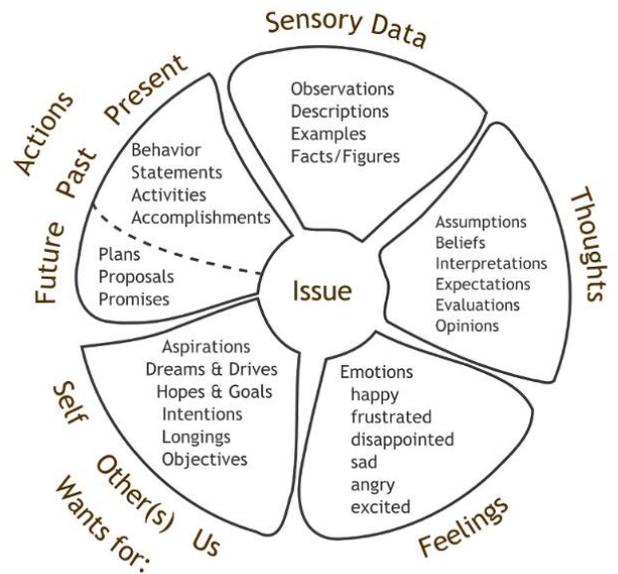
Thoughts:

Feelings:

Wants:

Actions:

Awareness Wheel



* Awareness Wheel is from Interpersonal Communications Programs Inc Minneapolis, MN