

The Awareness Wheel Communication Tool

(FROM THE BOOK, STRAIGHT TALK)



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The Awareness Wheel Communication Tool:

It helps you discern the difference between your own feelings, thoughts, behaviors and actions. It eliminates the often heard blaming statement, "I feel like you are ...", and brings in clarity and wisdom. When I first learned this, it seemed a tedious task. Don't give up. It is well worth the effort. You can use it individually to find more awareness or with other people to have a structure so conflict can be engaged without drama.

The Awareness Wheel Diagram:

Draw a circle with seven petals, like a flower. In the center of the circle write the issue that bothers you. Number the petals. In the first petal, put observable behavior, in the second petal put thought, in the third petal put feelings, in the fourth petal put your behavior (what you did), in the fifth petal put desire (what you wanted to have happen), in the sixth petal put future desire (what you want in the future), and in the seventh petal put future ISSUE action (what we will do (co-creation) and/or what you will do if no buy-in to co-create).

Awareness Wheel



START WITH THE FIRST PETAL AND PROGRESS AROUND THE WHEEL

1. In a non-emotional manner, list the behavior you saw or heard, not 'felt'. Stay neutral, not "charged" when you speak.
2. Note the thought that this behavior produced. Identify what you were thinking.
3. Identify how you felt once you had that thought. Use basic feelings only; sad, mad, glad, afraid, hurt.
4. Identify what action you took once you had your thought and feeling about the other person's behavior.
5. Describe what you wanted to have happen in the incident.
6. Speak to what you want to happen in the future.
7. With partner's input, explore what to do if this reoccurs. Decide on a consequence that you will take if the behavior doesn't change.

Example:

You are waiting at a restaurant for your friend who arrives 20 minutes late. She is bustling and eager to see you. You politely order and give her the cold shoulder. When you get home you realize you wasted your afternoon. Use the Communication Wheel to figure out how this happened and communicate what you discovered with your friend.

Observable Behavior: "When you arrived twenty minutes late ..." (this is fact, not judgment, so keep your tone neutral).

Thought: "I thought our meeting wasn't very important to you."

Feeling: "I felt angry."

Your Past Behavior: I acted aloof and didn't talk much during lunch.

Past Desire: "I wanted us to have a great lunch together. I was looking forward to hearing about your trip."

Future Desire: I want to connect and visit with you and I want you to be on time.

Future Action: "How shall we remedy this?" Co-create a solution. Include a consequence. Watch out here, as she might say, "I will be on time."

However, you already know that is not likely to happen. So if she says that you can add, "OK, and if you are late and don't call, I will leave after 15 minutes." If your partner won't co-create a solution with you, you must still decide a future action and tell them what you will do in the future. This helps develop boundaries and follow through.