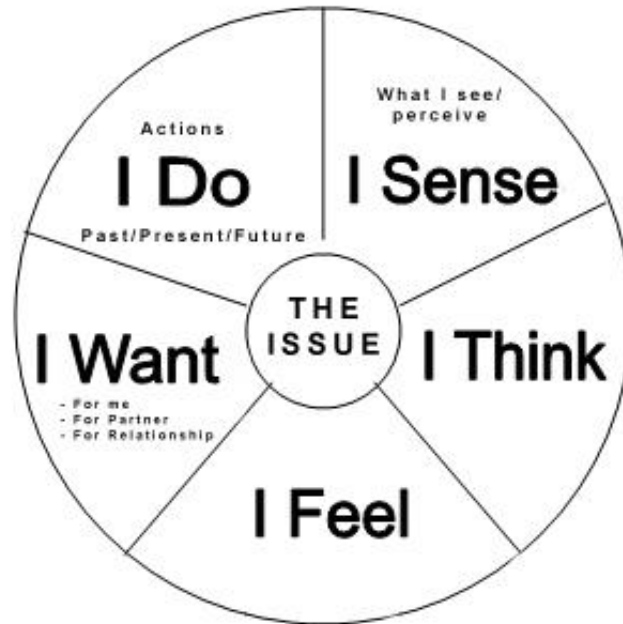


The Awareness Wheel



The Awareness wheel is a great tool in conflict because it helps couples to become fully aware of their mate's concerns about an issue. Although it does not solve conflicts, it does help to communicate better during conflict. To use the wheel, you place the issue in the center of the wheel, and go around the wheel addressing all of the sections. When a person is using the wheel, the other person remains completely silent. Each person gets a turn with the wheel.

Possible issues could include: Finances; Role of Parents; Sex; Correcting the Children; Buying a pet/expensive item; Chores; Using the Car; etc.

I Do – What have I done about this issue? What am I doing right now about this issue? What am I going to do in the future about this issue?

I Sense – What do I see going on about this issue? What perceptions do I sense?

I Think – What do I think is going on about this issue? What do I think the other person thinks about the issue?

I Feel – How does the Issue make me feel? How do my mate's ideas about the issue make me feel?

I Want – What do I want for me about his issue? What do I want for my partner about this issue? What do I want for my relationship concerning this issue?