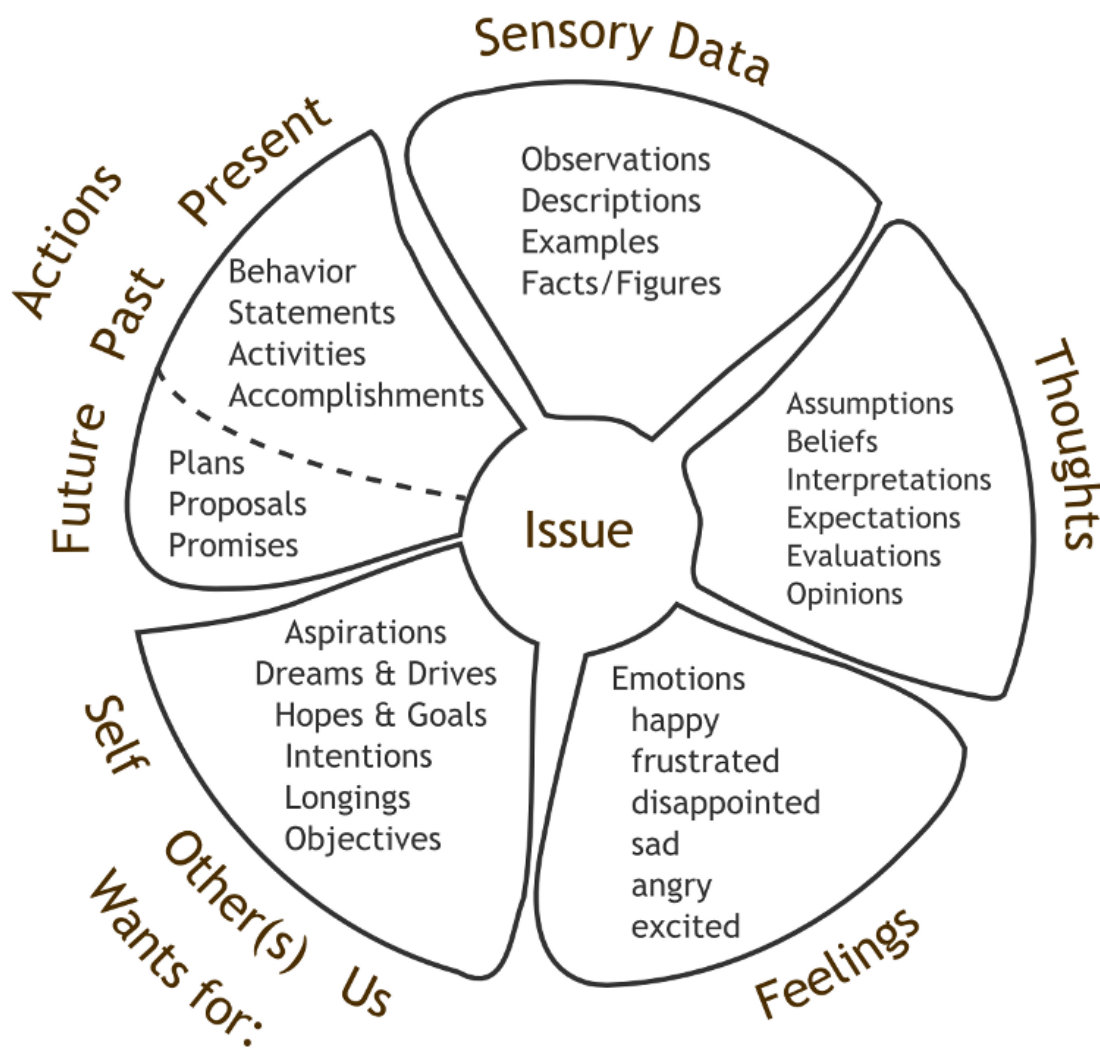


## Speaking Clearly using the Awareness Wheel

Below is the Awareness Wheel Diagram as presented by:

Miller, Sherod, Phyllis Miller, Elam W. Nunnally, and Daniel B. Wackman. Talking and Listening Together: Couple Communication I. Littleton, Colo.: Interpersonal Communication Programs, 1991. Print.

# Awareness Wheel



### Awareness Wheel:

The Speaker will be most complete in his description of an issue if he explains his full awareness. Starting from Sensory Data, the speaker can move clockwise around the circle to avoid confusion about how he stands on any issue.

When speaking, talk through your Awareness wheel using the first person, "I" statements.

## Sensory data

Information gathered using your senses: sight, sound, smell, taste, touch

**External data:** The data you gather from other people.

Verbal, but mostly nonverbal, behaviours: facial expressions, gestures, movement, posture, scent, tones, words

**Intuitive sensations:** memories, associations, insights, hunches, dreams, intuitions

**Bodily sensations:** goose bumps, a chill, fatigue, stomach tightness, headache

## Thoughts

The meanings you make out of the sensory data you receive - eg. beliefs, interpretations, expectations

Words that signal thinking processes: assumptions, benefits, conclusions, evaluations, guesses, reasons, ideas, impressions, judgments, metaphors, needs, objections, opinions, predictions, principles, values. NB: Influence of Family of Origin, cultural, societal & gender 'norms'

## Feelings

Your responses to your interpretation of thoughts, sensory data & wants in a situation You can use the brain state feeling word list to describe what you're feeling.

## Wants

Your desires for yourself and for others, short or long term, general or specific

Includes: aspirations, dreams, drives, goals, hopes, intentions, longings, objectives

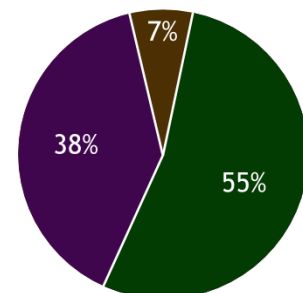
## Actions

What you say and do in response to sensory data, thoughts, feelings and wants - relates to past, present, and future.

Actions result from how you process sensory data, thoughts, feelings, and wants

Activities, agreements, commands, commitments, contracts, promises, words

Also note that the 'message' we convey to others when we speak has 3 main components: words, tone/voice, body language and facial expressions. We communicate most clearly when all these components communicate the same message which is hopefully, 'I care about you and I care about me'. Miscommunication usually happens when these messages are not congruent.



7% - Words  
38% - Tone, Voice  
55% - Body Language