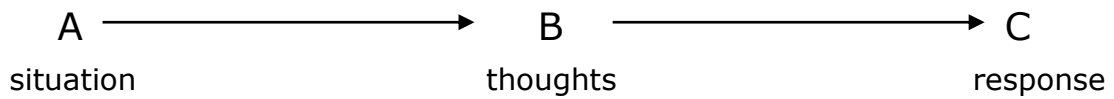
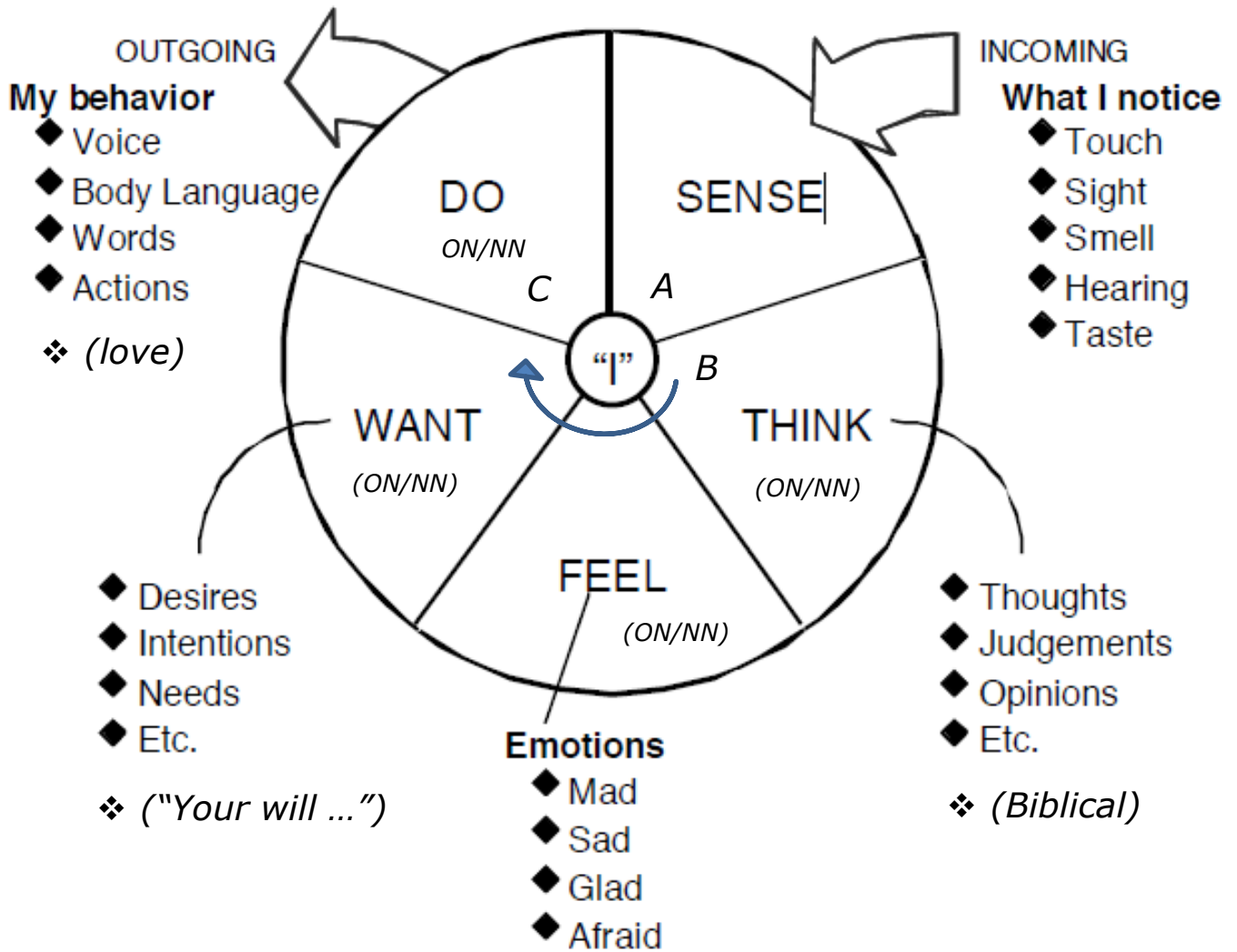


# Awareness Wheel

a map to help you become more aware of yourself or another person at any point in time



What goes through our MINDS notably affects how we FEEL and what we DO. We interpret and think about sensations *before* we develop feelings about them.