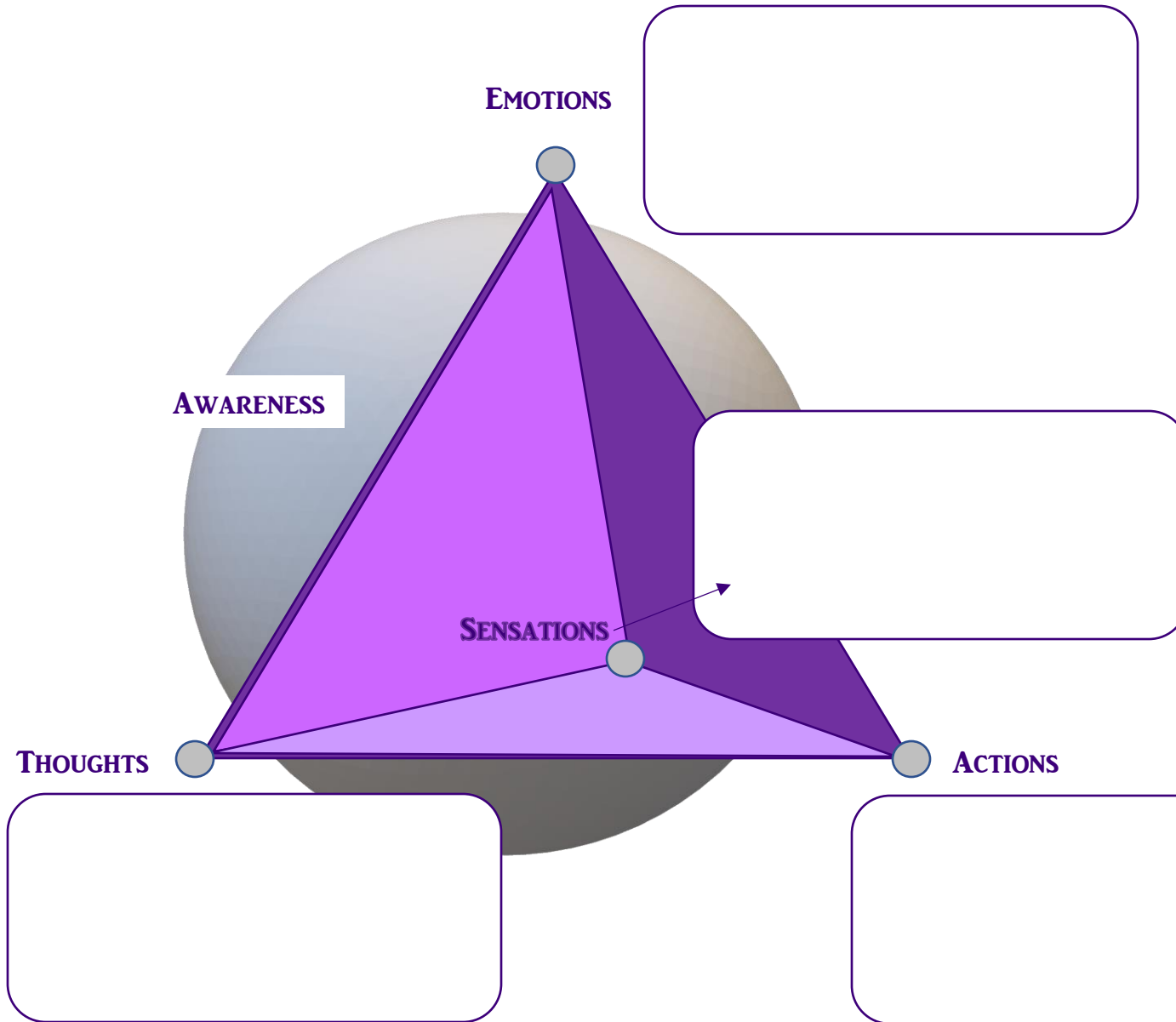


PYRAMID OF AWARENESS



DESIGN GUIDE INSTRUCTIONS:

REFLECT ON A **STRESSFUL** SITUATION.

IDENTIFY AND WRITE YOUR:

THOUGHTS

EMOTIONS/FEELINGS

BODILY SENSATIONS

ACTIONS/BEHAVIOR

WHAT DO YOU NOTICE ABOUT THE **RELATIONSHIPS** BETWEEN THEM?

REFLECT ON A **NON-STRESSFUL** SITUATION AND REPEAT THIS EXERCISE.

ATTEND TO **SIMILARITIES** AND **DIFFERENCES** BETWEEN THE TWO SITUATIONS.

HOW DID THIS EXERCISE **DEEPEN** YOUR **PERSONAL AWARENESS**?

HOW WILL YOU APPLY THIS NEW **LEARNING WITH INTENTIONAL VISION**?