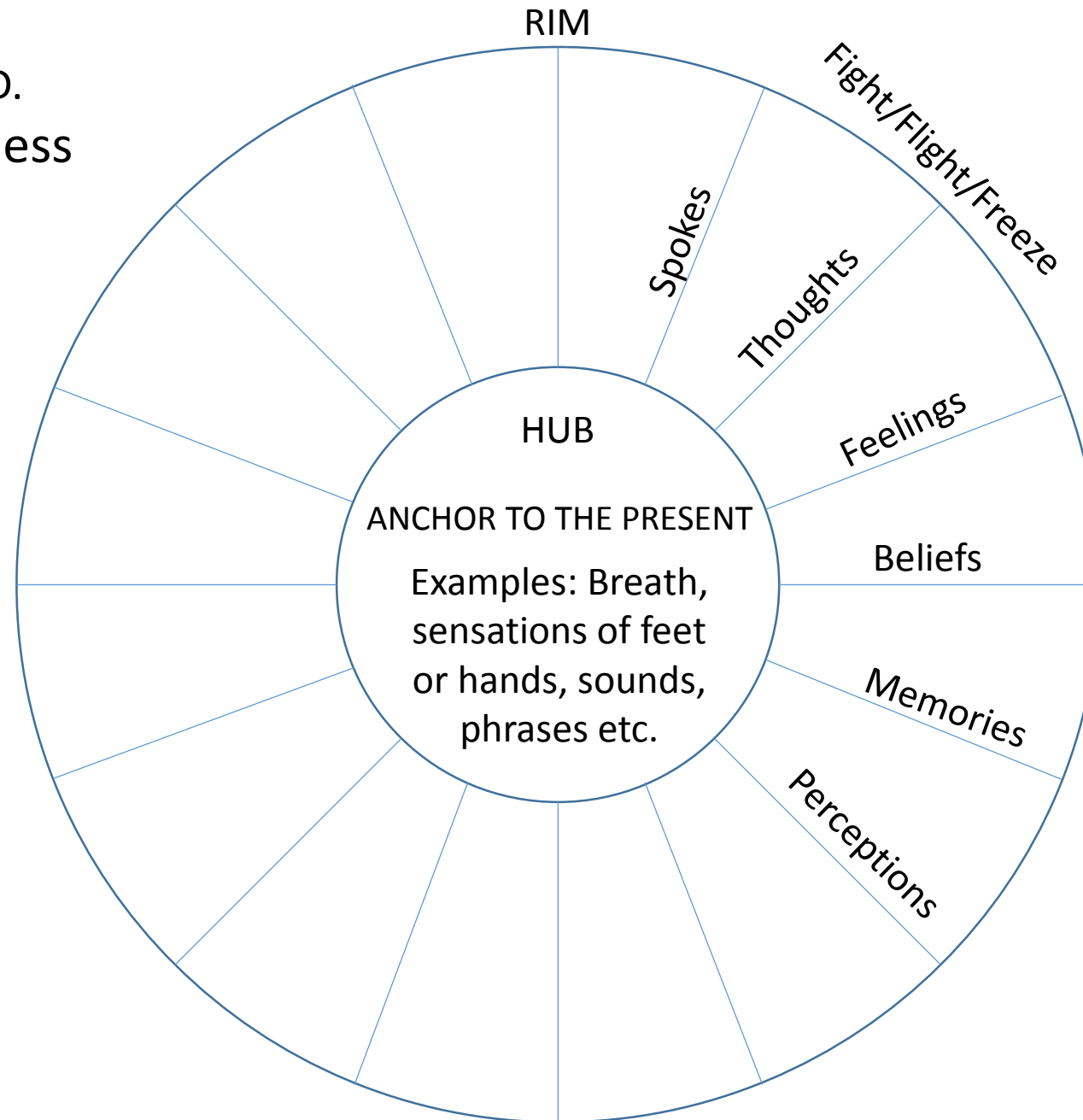


mindsight

By Daniel J. Siegel, M.D.

The Wheel of Awareness



The longer we are on the rim, spinning out, the more we are caught in reactive patterns of thoughts, feelings, and behaviors.

Coming back to the hub **STOPS** the automatic reactions and gives us the space to respond.