

UTA HAGEN - THE SIX STEPS

1. WHO AM I?

- A). What is my present state of being?
- B). How do I perceive myself?
- C). What am I wearing?

2. WHAT ARE THE CIRCUMSTANCES?

- A). *What time is it?* (The year, the season, the day? At what time does my selected life begin?)
- B). *Where am I?* (In what city, neighborhood, building, and room do I find myself? Or in what landscape?)
- C). *What surrounds me?* (The immediate landscape? The weather? The condition of the place and the nature of the objects in it?)
- D). *What are the immediate circumstances?* (What has just happened, is happening? What do I expect or plan to happen next and later on?)

3. WHAT ARE MY RELATIONSHIPS?

How do I stand in relationship to the circumstances, the place, the objects, and the *other people* related to my circumstances?

4. WHAT DO I WANT?

What is my main objective? My immediate need or objective?

5. WHAT IS MY OBSTACLE?

What is in the way of what I want? How do I overcome it?

6. WHAT DO I DO TO GET WHAT I WANT?

How can I achieve my objective? What's my behavior? What are my actions?