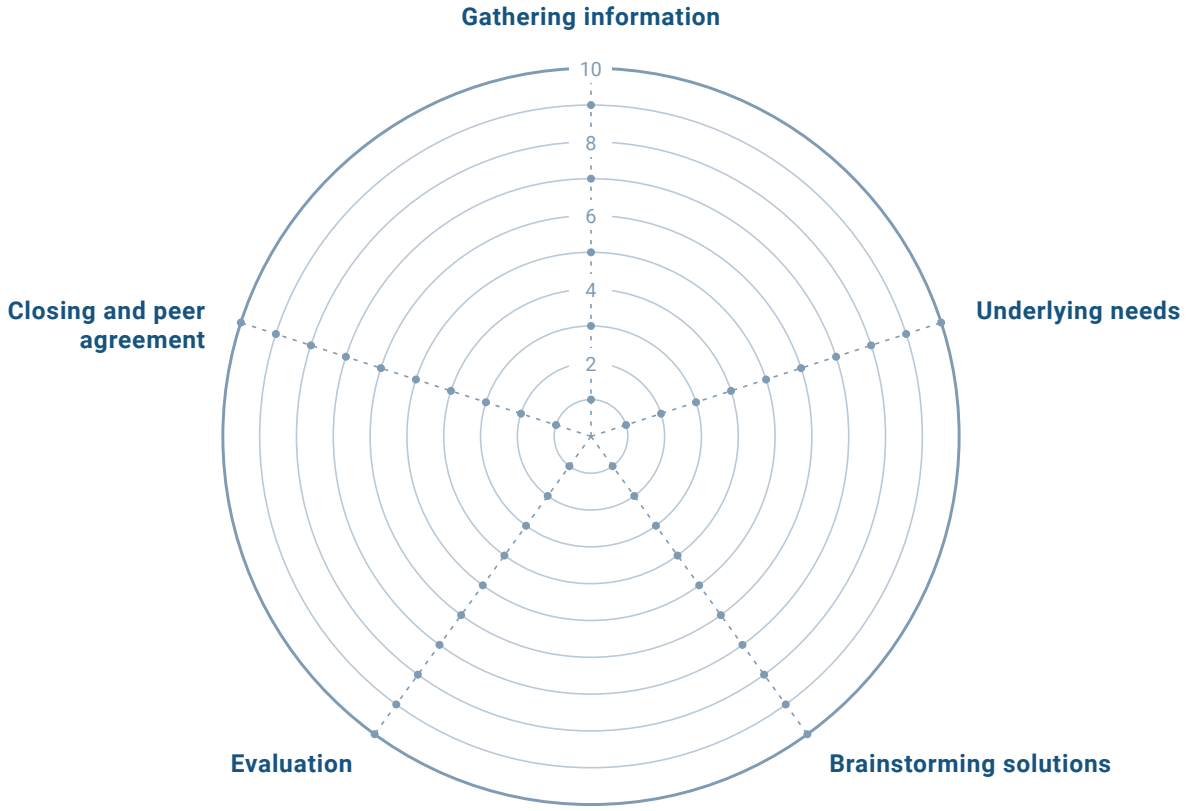
PROCESS Wheel

The wheel is divided into five sections, one for each area. On each axis, mark how confident you feel today, on a scale from 1 to 10. Then connect the dots to see the shape of your skills wheel. This is not about right or wrong; it's about noticing where you are now.

1 = I don't know this yet or don't use it	**5 =** I can do it sometimes	**10 =** I can do it confidently in real situations



What each area means

Gathering information
I let both sides describe what happened without interruption.

Underlying needs
I look for what each side really needs, not just what they ask for.

Brainstorming solutions
We collect ideas without judging them right away.

Evaluation
Together, we choose what is realistic and acceptable to both sides.

Closing and peer agreement
We write down who will do what by when, and both sides confirm it.

Which step I feel unsure about and what I'll do about it

Name: _____ Date: _____

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