

**** Phase 1 of Awareness Integration Theory (AIT)****

Phase One is a gentle entry into the Awareness Integration Therapy interventions. It is also when a client begins to become aware and distinguish the differences between thinking, feeling, and behaving, and to adapt this way of being conscious into their daily mindset. In Phase One, the therapist's uses her skills and a specific set of questions about life domains to facilitate her client awareness towards his own beliefs, thoughts, emotions, body sensations, and behaviors towards the external world. The purpose of questions in Phase One is to create an awareness of an individual's thought process, perceptions, emotions, and behaviors in relation to one's external environment and to create an understanding of how these constructs impact the client's life.

Phase One also offers the opportunity to engage clients in owning and being accountable for the effect their actions have on other people, which is a key component of creating healthy relationships. Most people readily recognize the cause and effect concept when they are personally impacted by someone else's thoughts, feelings, and actions; however, they are much less aware and responsible about how their own thoughts, emotions, and actions affect the way they operate in life and with others every day.

Regardless of how they see the impact in their relationship or whether they feel victimized by their mate, having a negative description of one's mate and brewing negativity within themselves and their relationship has long-term effects. The awareness leads to the client becoming responsible and accountable for their contribution to any friction in their relationships. More importantly, this awareness empowers the client to shift his thinking, feeling, and actions toward their intended results.