



## Exercise 12: Wheels within wheels

### WHEELS WITHIN WHEELS

Before you do this exercise, it makes sense to first do the previous exercise (*Exercise 11, Wheel of Life*).

Now we're going to get into more detail. The ***Wheel of Life*** concept can be further developed or focused down by taking just one segment out of the wheel you completed in Exercise 11 and making another whole wheel out of just that one segment. For example, in the sector Bill filled in that was labelled "*Love Life*" his score was 6. From that he might conclude, "*well my love life is quite good and my relationship's OK, but I'd love to get it up to 8 or even 10. How do I do that?*"

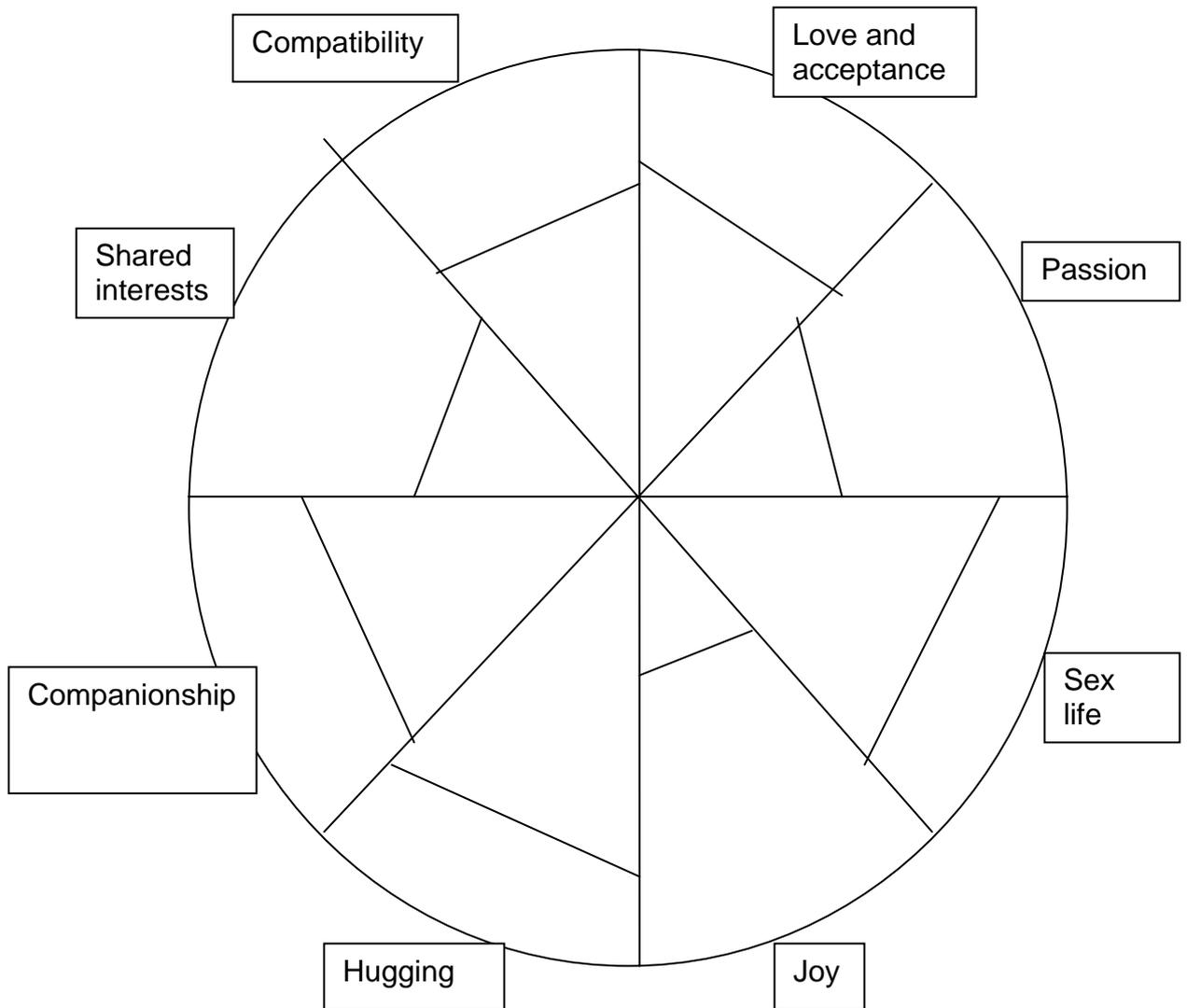
If no possible actions or options come to mind Bill can analyse further by making a wheel about his love life. He could call it, for example, The ***Wheel of Love***, and he can label the segments however he wants. It might look something like this:



## THE WHEEL OF LOVE

Name .....

Date .....



You will notice this time the wheel has only eight segments. You can put in as many or as few as you wish.



From his Wheel of Love Bill might deduce that he has quite a lot of sex and he does hug quite a lot, but in the passion department things are a bit lacking. By implication, this could call into question the quality or satisfaction element of his sex life, or it could mean the quality is high but the frequency is low. This further implies that the score could be a bit suspect because the question asks how he *feels* about his sex life. Re-examination might be called for to check that this answer is an honest one. Compatibility could also be an issue because if that's not pretty high in any relationship it calls into question the quality of the love and acceptance.

If you are fairly intuitive, you will know straight away where the truth lies. But to be really thorough you can then do the second part of the exercise using a new template 2 from the previous exercise, but as applied to this new wheel, to decide on further action points pertaining to these particular issues.

That, I would have thought, will give you plenty of material to work with for a while, but it might also be interesting to gain further insight into the quality of the sex, the compatibility and the love and acceptance segments, so you could now do three further wheels, called, let's say, the ***Wheel of Sex***, the ***Wheel of Compatibility*** and the ***Wheel of Love and Acceptance*** respectively. And of course if you want to be really thorough you could do a template 2 exercise for each of these new wheels.

There's no limit to how deeply you can drill down into this, it depends how far you want to go with it. I have one word of warning, however:

*Don't get too bogged down in doing endless exercises while neglecting to take action* – the Wheel of Life is a diagnostic technique designed to highlight where action needs to be taken, but with no action comes no results, no progress and no change.