the OODA loop

a tool for helping us respond to conflict when we are outside of our comfort zone

Observe: being present & taking in information about yourself & your environment.
Ask: What are my surroundings? What are my experiences?

Orient: establishing what is normal for your situation in order to notice any changes.
Ask: What is the baseline? Are there any anomalies?

Decide: understanding what you want out of your situation & what you need to make that happen.
Ask: What are my goals, resources, options, & plan?

Act: moving through your situation based on your observations, orientation, goals, & decisions.
Ask: Is my plan working? Have my goals changed? Do I need to adjust?

Remember to turn your Situational Awareness OFF when you're in a safe place!

adapted from Across Frontlines