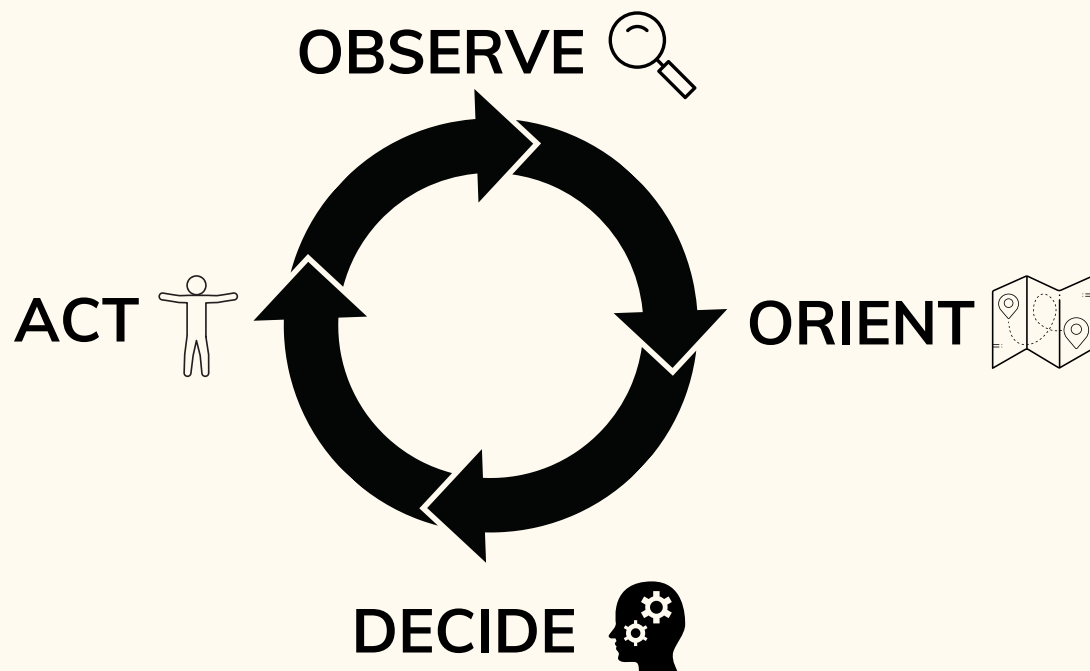


the OODA loop

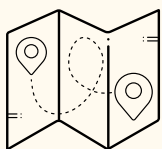


a tool for helping us respond to conflict when we are outside of our comfort zone



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