

AWARENESS STATE LEVELS

1. Sense of Existing/Being
2. Perceiving Sensations
3. Consciousness of Feelings and Thoughts

Introspection/Reflection

The "I" Observing Itself

4. Intentional Directing of
Consciousness/Awareness
5. Talking to Ourselves Silently
(Narrative Self-Consciousness)

About Conscious Awareness

Using Grammatical Language