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