

# Thinking Tool

## Y-DIAGRAM

This thinking strategy is very powerful in harnessing the three domains of learning: reasoning, thinking and understanding.

- **Emotional** – the sensations and emotions you feel
- **Cognitive** – The feelings, thoughts and decisions you make
- **Physiological** – the processes your brain follows to support your emotional and cognitive domains

When you are introduced to a new idea, these three domains all influence how you will think about it.

Consider the questions for each domain and write your thoughts on the Y-Diagram.

Push your thinking hard to explore all aspects of the new idea.

Your learning, reasoning, thinking and understanding will benefit considerably from using the Y-Diagram.

### EMOTIONAL

What sensations and emotions do you feel?

### PHYSIOLOGICAL

What mental images do you see, hear, smell and feel?

### COGNITIVE

What are your feelings, thoughts and decisions about the idea?