

The 'D-I-E+K' model

Can assist us in:

- exploring a wider variety of possible **interpretations** of an event
- monitoring our **evaluations** of those events and interpretations
- becoming more aware of our personal **value judgments**

D	Description:	What do you see ? (the physical facts)
I	Interpretation:	What do you think about what you see? (the literal or metaphorical meaning)
E	Evaluation:	How do you feel about what you see? (your personal opinion about it)
+		
K	Knowledge:	What else might you need to know ? (suspend judgment until more information)