

# Uta Hagen – The Six Steps

## 1. **Who am I?**

- a. What is my present state of being?
- b. How do I perceive myself?
- c. What am I wearing?

## 2. **What are the Circumstances?**

- a. *What time is it?* (The year, the season, the day? At what time does my selected life begin?)
- b. *Where am I?* (In what city, neighborhood, building, and room do I find myself? Or in what landscape?)
- c. *What surrounds me?* (The immediate landscape? The weather? The condition of the place and the natures of the objects in it?)
- d. *What are the immediate circumstances?* (What has just happened, is happening? What do I expect or plan to happen next and later on?)

## 3. **What are my Relationships?**

- a. How do I stand in relationship to the circumstances, the place, the objects, and the other people related to my circumstances?

## 4. **What do I Want?**

- a. What is my main objective? My immediate need or objective?

## 5. **What is my Obstacle?**

- a. What is in the way of what I want? How do I overcome it?

## 6. **What do I do to get what I Want?**

- a. How can I achieve my objective? What's my behavior? What are my actions?