

CONSTRUCTED DEVELOPMENT THEORY

INTENTION | AWARENESS | CHOICE | RESPONSE™

The Theory



CDT focuses on how we utilise **shortcuts** in our thinking in order to construct our **Intention, Awareness, Choice and Response™** in the moment. The greater our awareness of our intention based on the use of fifty shortcuts, the greater our capacity to **respond** in the moment.

Cognitive Intentions



Cognitive Intentions are the unconscious **shortcuts** in our thinking that we have habituated over time. The **relationship** between 50 of them is key to our **self-awareness** as it determines how much of our thinking and responding is at **Choice**.

Thinking Styles



The combination of **Cognitive Intentions** determines our **Thinking Style**. These are typically outside of our awareness and CDT shows they are directly measurable. With 50 CI's combined, there are over 7 billion unique Thinking Styles! No other system offers this detail.

Awareness Quotient



The **Awareness Quotient™** is the tool developed to measure your level of Self-Awareness. From your **AQ profile**, we can pinpoint those limitations in your construction of self to springboard your cognitive development.