

Emotion Wheel

Name it to tame it!

Did you know that the ability to identify an emotion beyond simplistic terms such as *fear*, *happy*, *angry* and *sad* can help to calm the nervous system much more effectively.

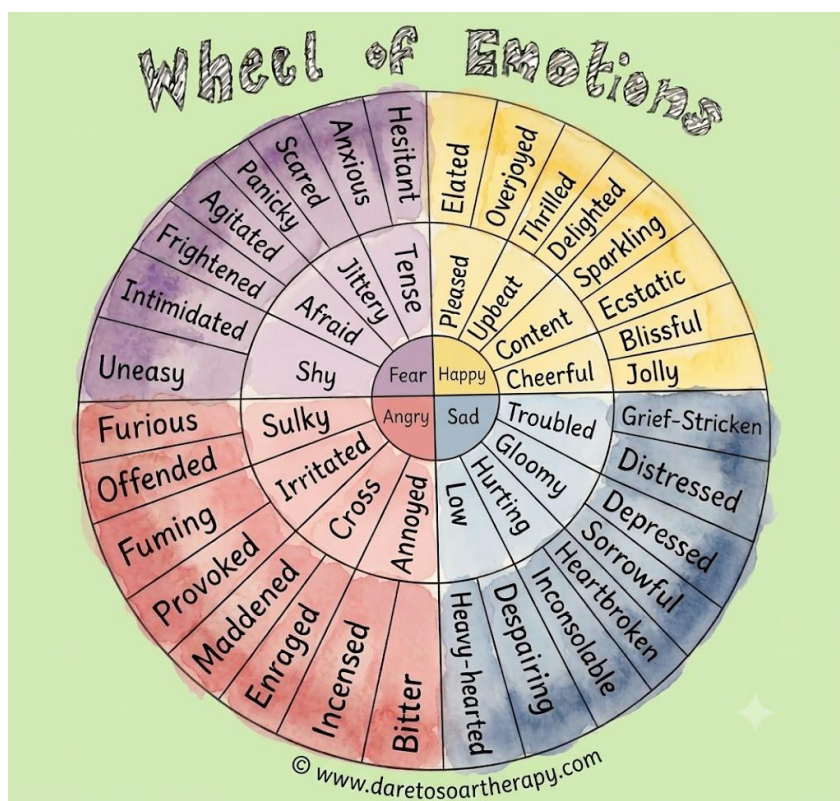
Vague words such as *bad*, *upset* or *stressed*, often hide what is really going on underneath. For example, anger might be hiding stronger feelings such as *offended* or *provoked*.

Identifying the true emotion allows you to address the real problem instead of reacting to the protective mask.

How extensive is your emotional vocabulary? Perhaps this simplified version of Plutchick's well-known emotion wheel will help to get you started.

Which of these emotions have you noticed today?

If you have experienced some of the 'negative' emotions, what do you need today?



For more on this topic, please email hello@daretosoartherapy.com