



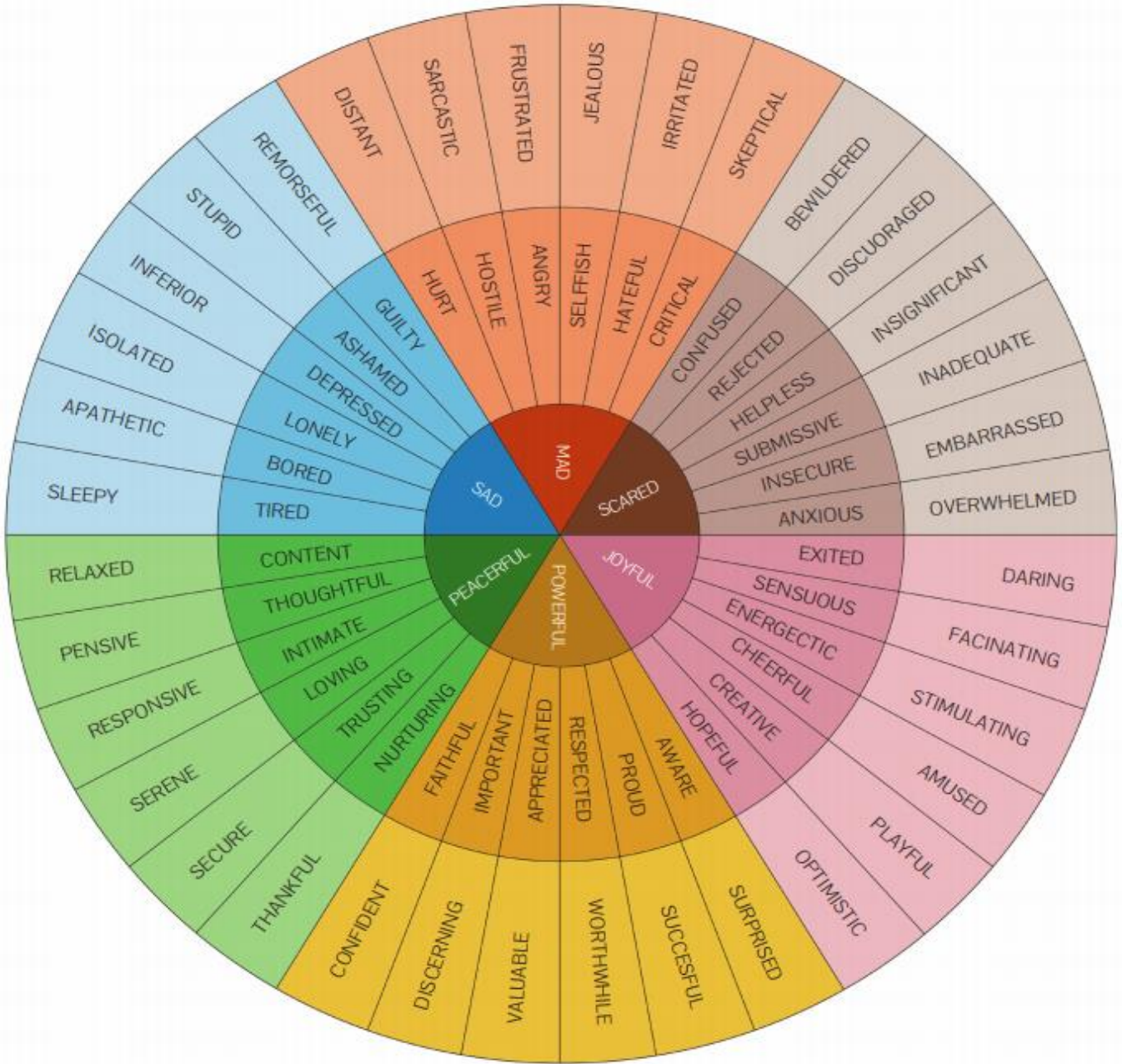
ENLIGHTEN EXERCISE #61

Emotions Wheel

The ability to identify one's own emotions and those of others is a skill that is related to emotional intelligence. Evidence suggests that training individuals to expand their emotion vocabulary and use it in a flexible way can help to them to regulate their emotions more effectively. The present tool was designed to help clients expand their emotion vocabulary. Please look at the wheel on the next page. The wheel organizes 72 feelings into a pie chart of sorts and buckets them into these 6 groups: sad, mad, scared, joyful, powerful, and peaceful.

Instructions:

1. Start with the inner wheel and select the label that you most strongly identify with currently.
2. Describe in a few sentences why you feel this way:
3. Looking at the next layers, are any of the labels associated with your predominant feeling a more detailed or accurate label to define how you are feeling?
4. *Daily Reflection:* At the end of each day, take a moment to contemplate and look at the wheel. What did you experience today? Why?
5. *Long-Term Reflection:* The wheel can also be used to explore deeper and longer-term emotions that may be impacting you. Maybe you have been anxious about job and financial security. By peeling the layers and exploring the feeling labels, this insight might help you to take specific action.



Gloria Willcox (1982) The Feeling Wheel, *Transactional Analysis Journal*, 12, 4, 274-276, DOI: 10.1177/036215378201200411