

ENLIGHTEN EXERCISE #27

Identifying My Emotions

You can develop a greater self-awareness of your emotions by rating the types of emotions you experienced during an event or situation. First, identify an event or situation you have recently experienced and choose the emotion family that seems to best correspond to the kind of feeling you experienced. Then, determine with what intensity you experienced the respective emotion and check one of the circles. The bigger the circle and the closer it is to the rim of the wheel, the stronger your emotional experience would have been.

wheel. If you did experience an emotion that is different from any of the 20 emotion families shown, write the name of it in the lower half circle in the hub.

Reference: Geneva Emotion Wheel

Scherer, K. R. (2005). What are emotions? And how can they be measured? Social Science Information, 44, 693-727.

