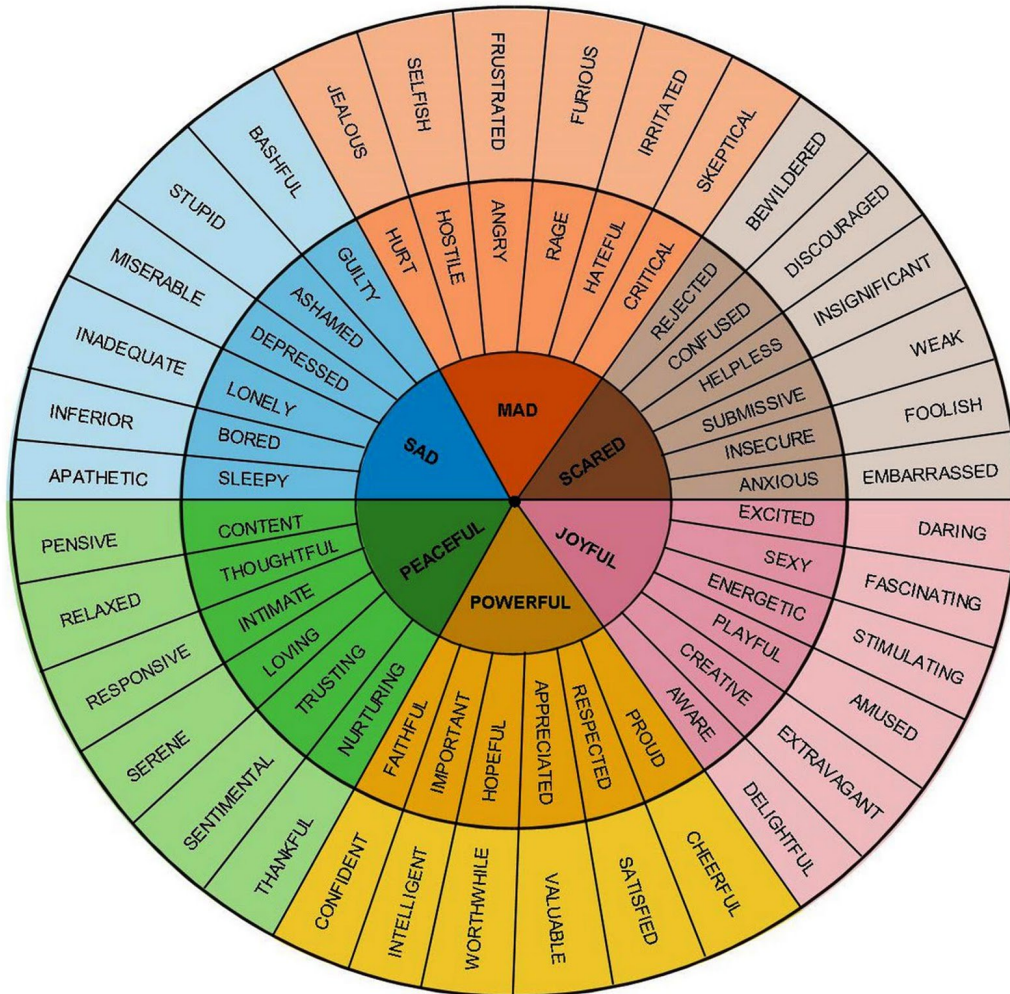




Your Mom *Feelings*

MODULE 4: HOW to IDENTIFY YOUR EMOTIONS



The Feelings Wheel gives you seventy-two choices to assess what's going on inside you, twelve for each core emotion. The emotions in the two outside rings provide the variations of sad, mad, scared, powerful, peaceful and joyful. Choose from these two rings when you are wanting to label your feelings.

If you identify an emotion from the pink wedge, then you're feeling some version of joyful. If the word that best describes your state is in the green zone, then you are feeling some version of peaceful.

Multiple choice is always easier than fill-in-the-blank, so the Feelings Wheel gives you options so you don't have to pull an emotion out of thin air.

Using Your Emotions as Indicators

Mad-what limit do you need to set?

Sad-what loss do you need to acknowledge/grieve?

Scared-where does God need to be invited in?

Joyful-what can you appreciate/celebrate?

Peaceful-how can you renew and restore?

Powerful-what can you influence and give life to?