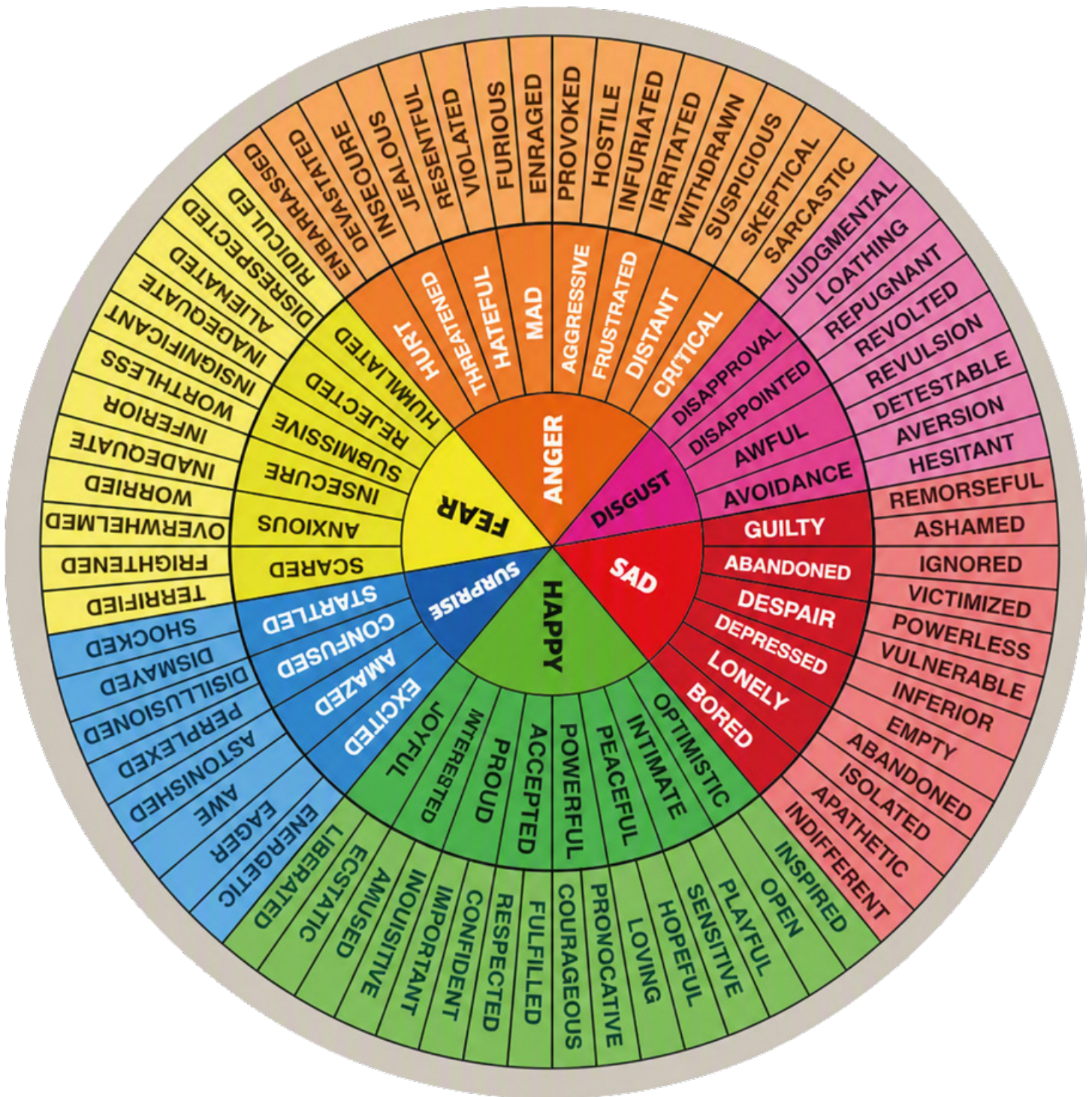
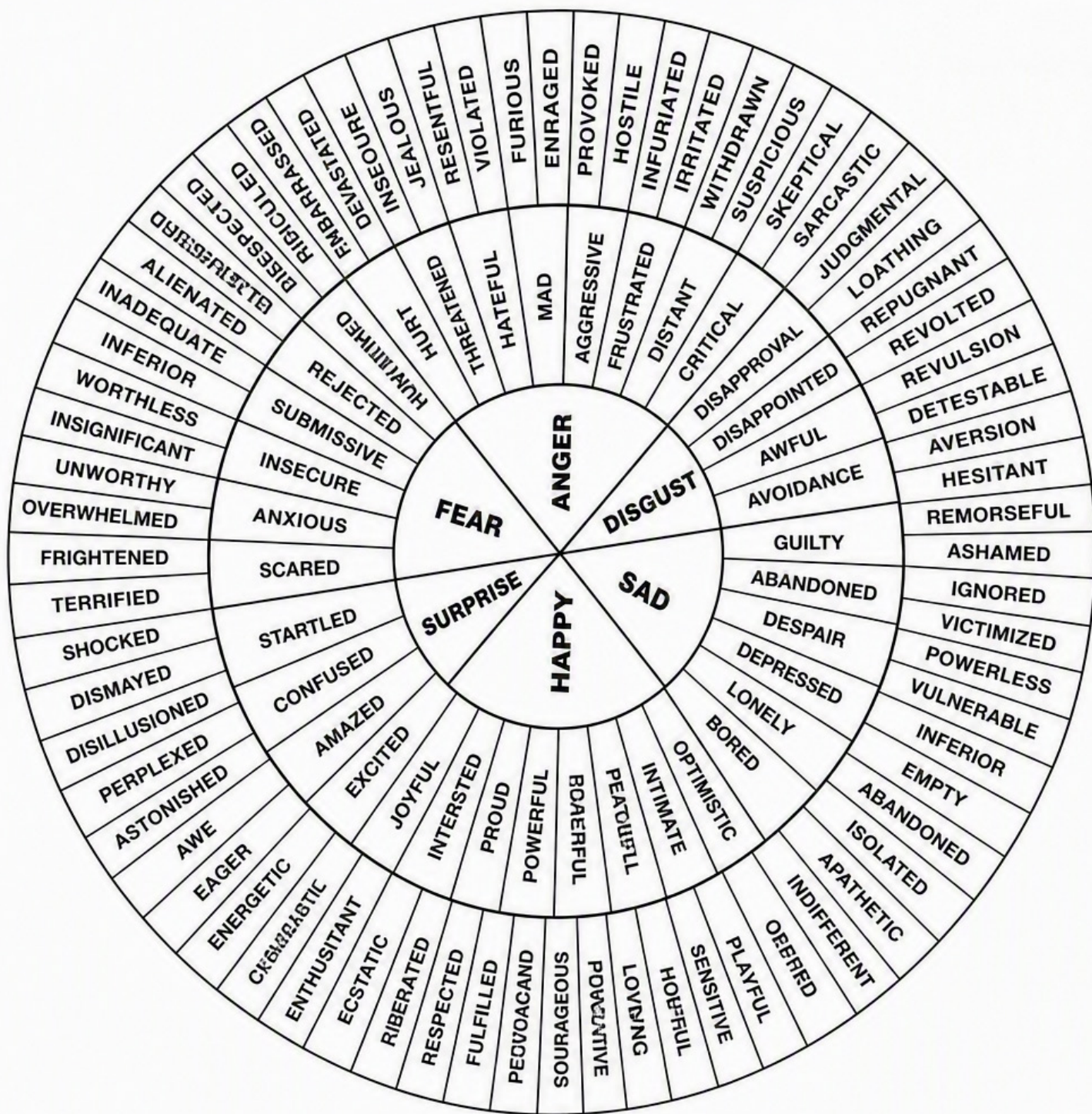






Suggested Exercises

Identify: Name at least 3 emotions you're feeling. Aim for emotions on the middle or outer rings of the wheel. (Fine, okay, tired, and pissed off are not emotions.)

Rank: Put your emotions in order from biggest to smallest. — **and/or** —

Rate: Give each emotion an intensity rating from 1–10, with 1 being very small and 10 being overwhelming. Drill down on any emotion that feels stronger than a 5.

Drill Down: What part of the situation is creating each feeling?

Connect: When have you felt this way before (outside of the current situation)? When was the *first time* you remember feeling this way?

What to do with your feelings

Body Awareness: When you notice these emotions, do you feel them somewhere in your body? Describe it. Tightness? Tingly? Heavy? Something else?

Journal: Some people find journaling to be helpful in processing their feelings or experiences.

Communicate: Would it be helpful to share your feelings with another person? It could be with the goal of solving the issue, or just needing to vent.

Suggestion:

Put the feelings wheel in a sheet protector, and use a dry-erase marker for repeated use.

