

UNDERSTAND EMOTIONS

Emotions are neither good nor bad, they are simply a response to what you believe to be true. Your feelings have a message for you, and serve a purpose. What triggers your emotions? What does it mean? What are you to do about it?

<i>EMOTION</i>	<i>MESSAGE</i>	<i>VALUE</i>
Fear	What is at risk?	Protect from danger.
Anger	What is in the way?	Energy to break through obstacles.
Sadness	What has been lost?	Remember what is important.
Disgust	What rules have been broken?	Maintain boundaries and standards.
Shame	How have I sinned?	Protect purity.
Hopelessness	What threatens my faith?	Maintain relationship with God.
Anticipation	What important thing is coming?	Look forward and plan.
Joy	What do you want to maintain?	Energy to flourish.
Trust	What do you embrace?	Open to new connections of support.
Surprise	What is unexpected?	Focus on something new.

EMOTIONAL VOCABULARY

The ability to identify one's own emotions and the emotions of others is a skill that is related to emotional intelligence. It is said: "You cannot heal what you cannot feel." Learning to expand your emotional vocabulary and use it in a flexible way helps you regulate emotions more effectively.

The Feelings Wheel

originally created by Dr. Gloria Willcox

