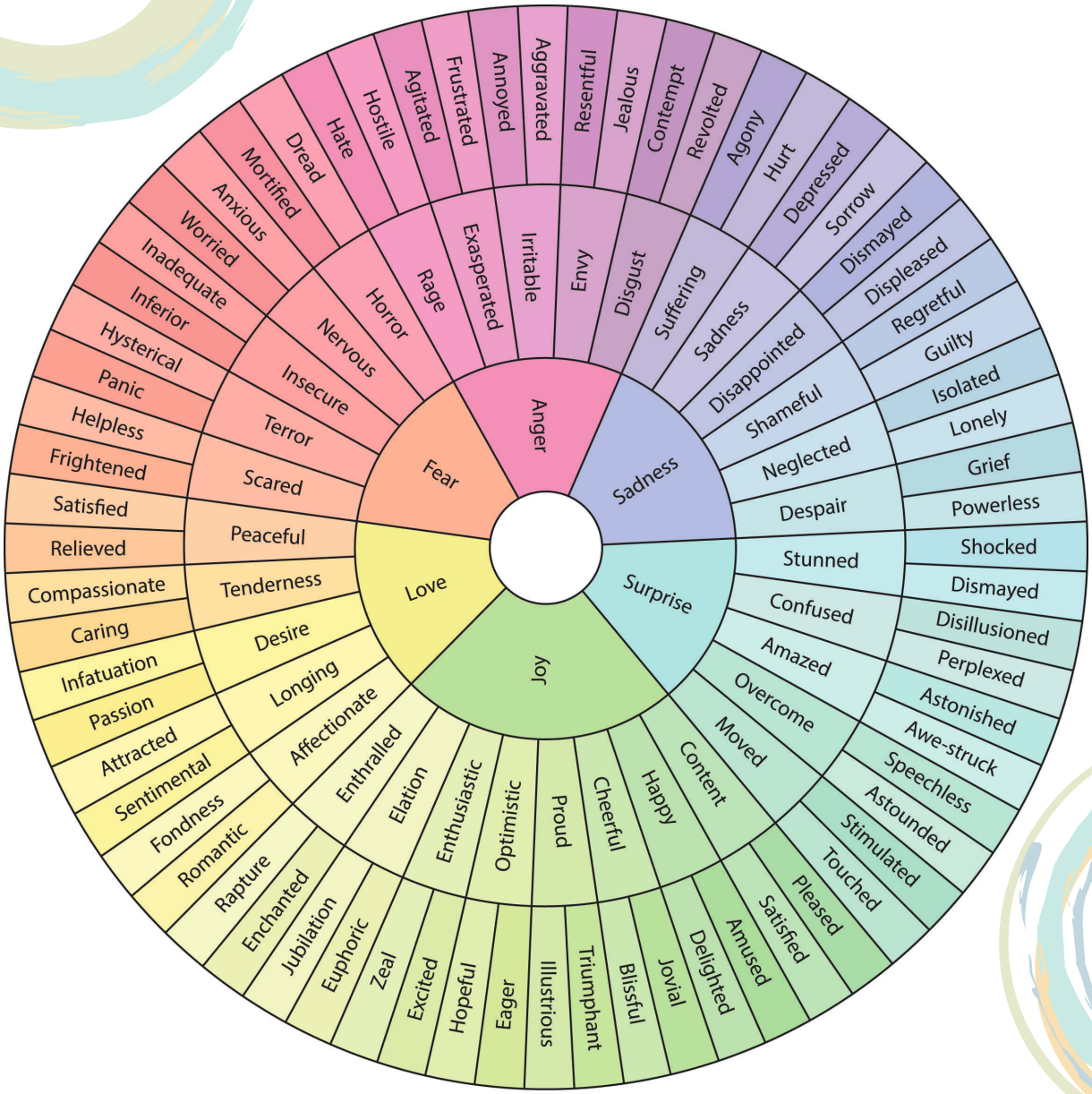
The Emotion Wheel

(labeling emotions and increasing awareness)

Emotional intelligence is the capacity to understand, control, and express one's emotions in healthy ways. An important first step in developing emotional intelligence is the ability to pause and label emotions. The Emotion Wheel is a helpful tool that can be used to help label emotions.

Consider:

- What emotion(s) am I feeling? (and give a specific name to the emotion)
- What situations cause me to feel this emotion?