

# ***Understand your feelings***

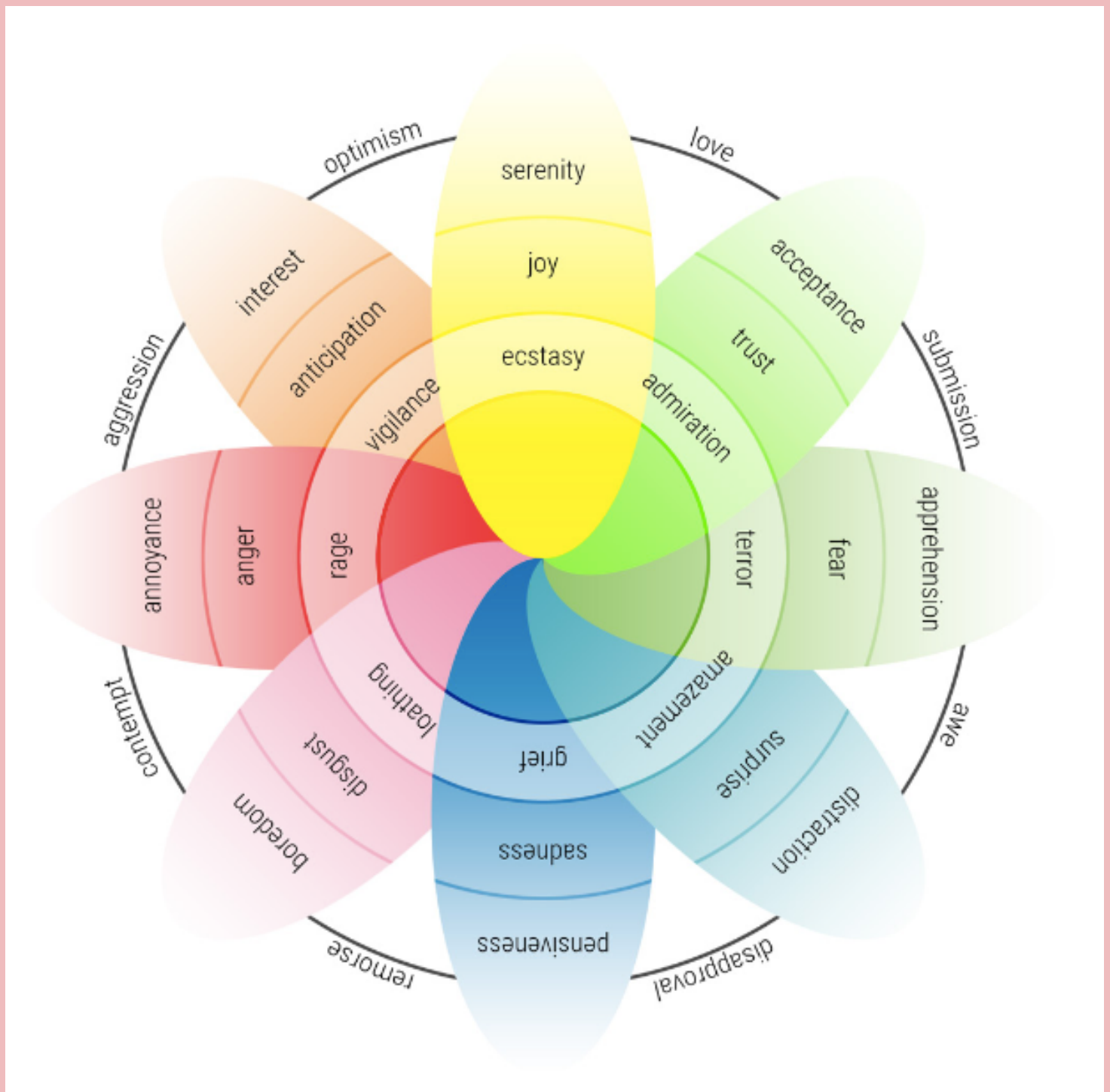
When trying to understand your feelings, the first step is to identify what you are actually feeling and the underlying emotions (refer to the emotion wheel on page 2).

**I feel:**

The next step would be to identify what part of us showed up on the inside to make us feel that way, example: if you get angry; did someone hurt your self-esteem? What got attacked or offended or wounded?

**What part of me felt this - is it a psychological part or do I also feel it in my body?**

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Why a part of us hurt or felt that emotion is important because it would lead us to acceptance of the part and the feeling itself?

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## **Why I felt that way?**

Our response to emotions is so fascinating and so individual to each event, it says a lot about our state of mind and the relationship we hold with the emotion, the part and event.

## **What did I do after feeling this?**

Did your actions help you feel better? Did the actions soothe the part and pat down the emotion? All emotion is information. What am I going to do with that information?

**Could I use a different perspective or act differently now that I know this?**