

EMOTIONS WHEEL

An Emotions Wheel is a type of visual aid that shows the complexity of emotions. It helps a person identify and work through their understanding of their emotions as well as other people's emotions.

The Emotions Wheel organises 72 feelings into a pie chart and puts them into 6 categories: sad, mad, scared, peaceful, joyful and powerful.

The wheel can be useful in identifying the specific feelings and emotions you are experiencing at any given moment so that they can be addressed and resolved.

An emotions wheel provides you with an excellent tool to help you understand and process your emotions and enables you to become more emotionally expressive. How and why you feel a certain way can be confusing and complicated as emotions can be complex and not well-understood at times.

Emotional literacy involves naming and communicating your emotions. People who are emotionally literate can often identify their own, and others', emotions. They also tend to have a good sense of how each of their emotions interacts with each other and how experiences can influence them.

There are many benefits in using an Emotions Wheel such as:

- Improving emotional intelligence
- Helping to identify root causes of emotions
- Enables you to see how different emotions connect
- Allows you to find new ways to cope with emotions

How to use an Emotion Wheel

Emotion wheels are visual guides with no real start or endpoints. This means you can start where it makes sense to you. Some helpful tips for using the wheel include:

1. **Identify the emotion closest to how you are feeling**

Emotions closer to the centre are more intense, core emotions are in the middle layer, and those furthest out are milder forms of emotions. Between each spoke on the wheel are combined emotions. Try to find the emotion that best describes how you are feeling at the moment.

2. **Try to figure out the trigger**

Emotions often don't just occur out of nowhere. Often, something triggers or causes you to feel the way you do. It may not be a simple, single event either. But other times, figuring out the trigger may be easy.

3. Analyse connections

You may notice that some emotions you identify can lead to other emotions. For example, if you're in a healthy romantic relationship you may experience emotions, such as trust and joy. This may lead to feelings of optimism, which falls between anticipation and joy on the emotion wheel.

4. Make changes or take other action

When you start to identify your emotions and triggers, you can start to figure out ways to take positive action. In the example of having a romantic partner, you may notice that you experience emotions connected with love because they make you feel safe. But if you've been in unhealthy relationships in the past, this may cause you to worry about possible changes that can happen in the future of your relationship. Instead of avoiding the emotions you're experiencing, it can help to honestly express how you feel with your partner when you're ready.

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