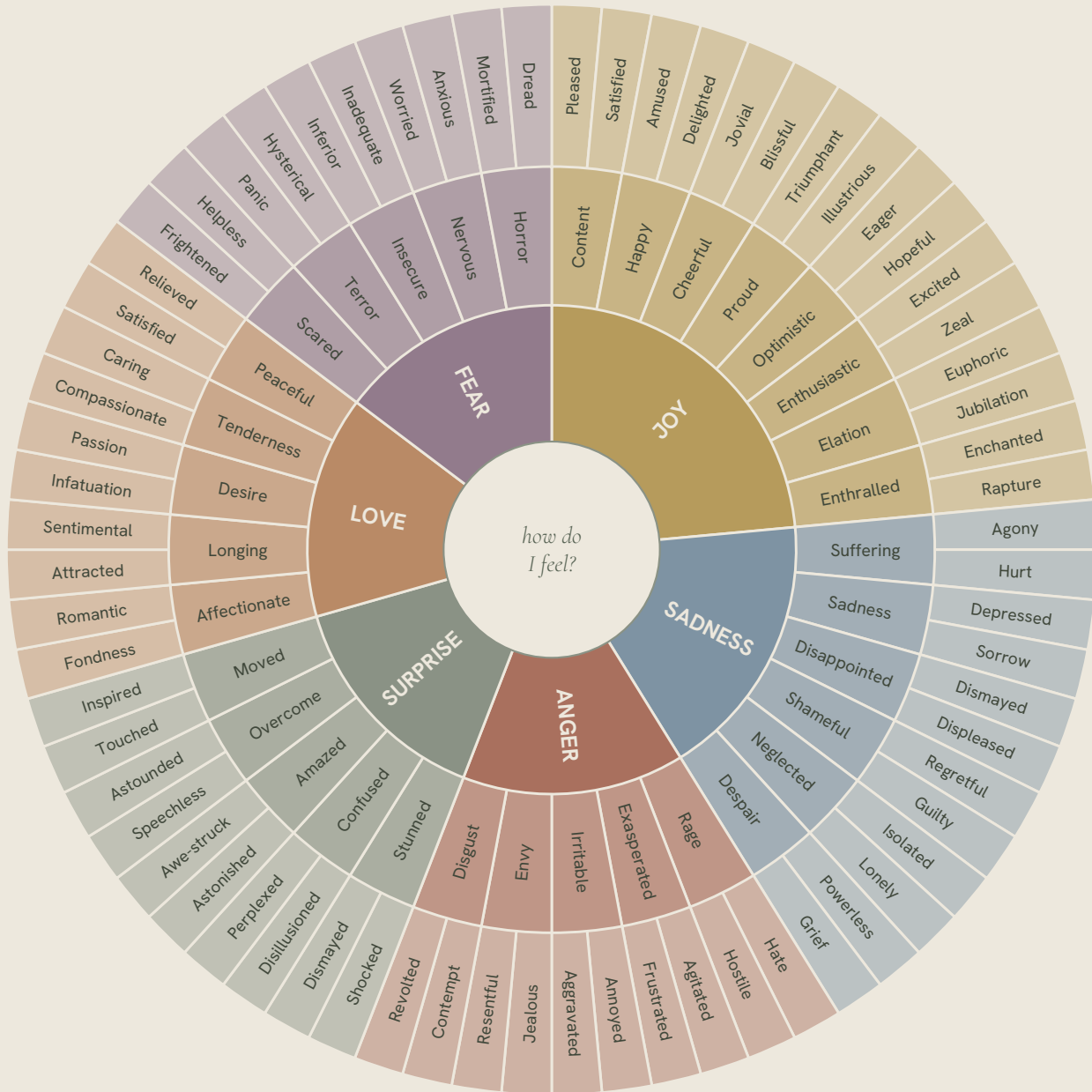


The Emotions Wheel

start at the center, then move outward to name it precisely



Feelings are information, not instructions. Naming an emotion precisely ("resentful," not just "mad") lowers its intensity and gives you important insight into what you need. Use the wheel before a skill: first name it, then choose what to do with it.