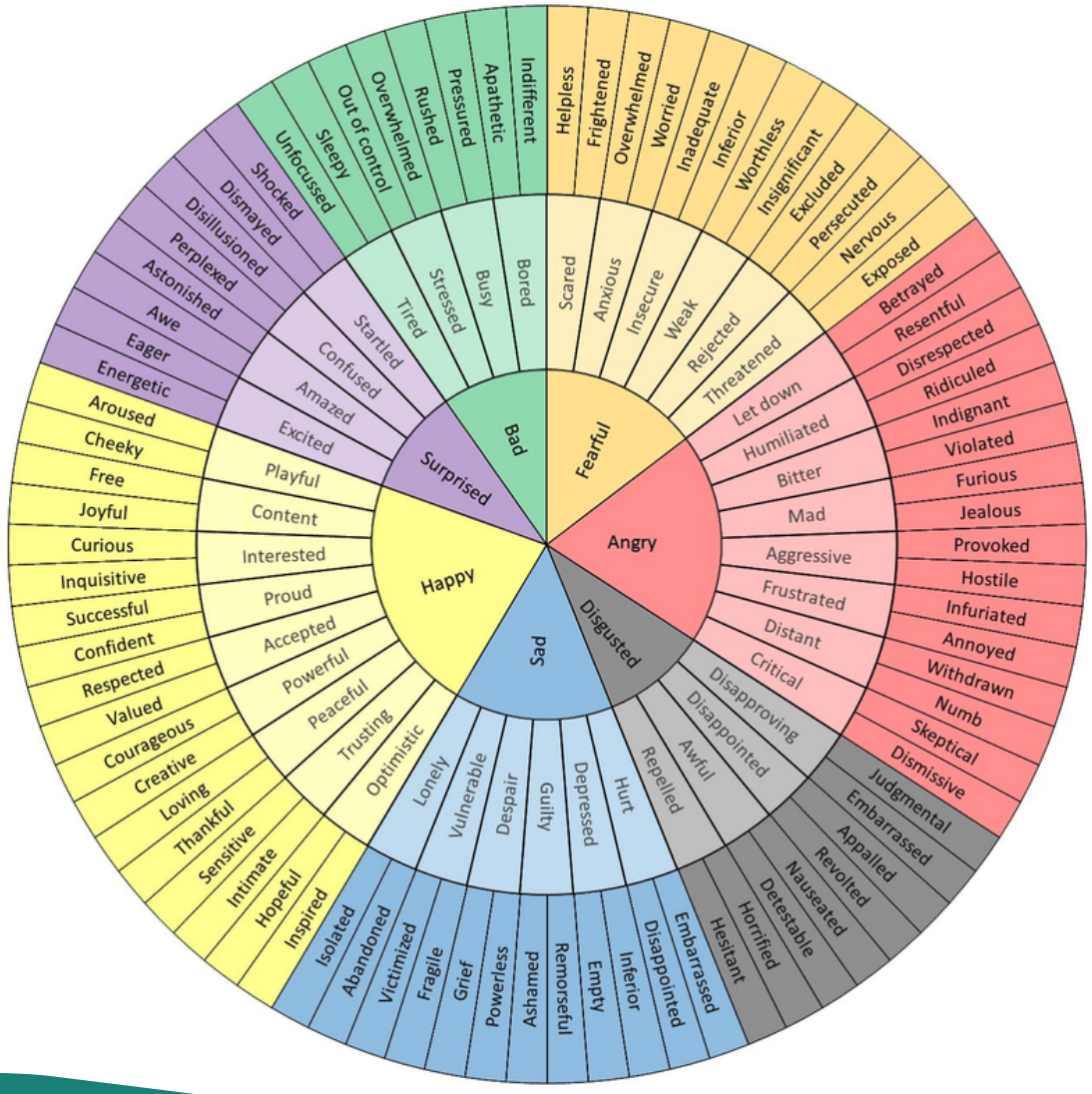
Managing Emotions

If you've ever found yourself at a loss for words when trying to describe how you feel, you're not alone. Although this is a common human experience, the result can be debilitating. When addressing a challenging, emotion-filled situation, you can end up expressing your emotions through learned behaviours (some of which might be inappropriate). Without the ability to identify and share your emotions, it can be very difficult to manage your emotions or create intimacy with others.

The feeling wheel is a powerful tool. Using it to explore your emotions helps you build an emotional vocabulary. This expanded awareness not only enables you to better-manage your own emotions, it also improves your ability to clearly express yourself to others so they can understand how you are feeling.



"The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy," created by Gloria Willcox (1982)