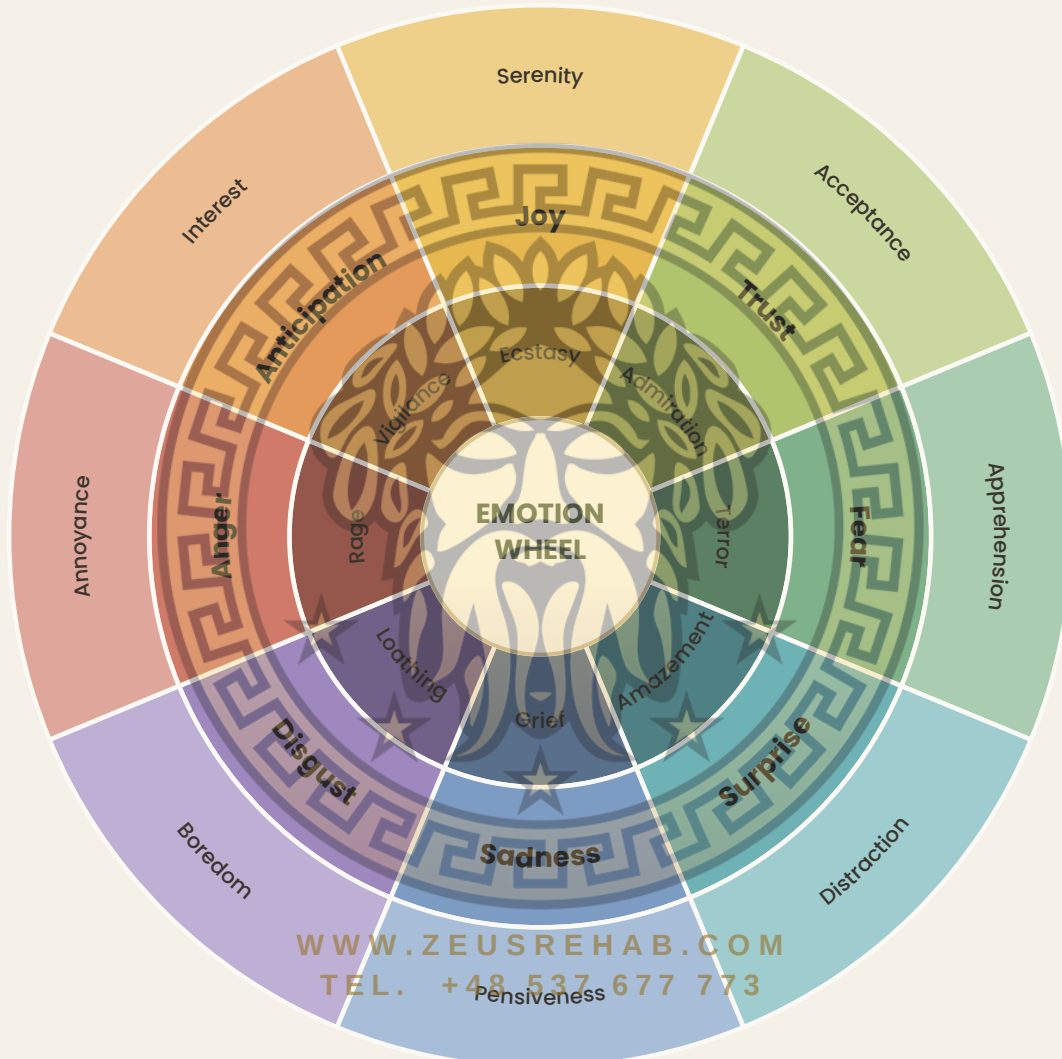




Educational leaflet · 04

The emotion wheel

Emotions have different shades and intensities. The centre of the wheel holds eight basic emotions, and the rings show their stronger (closer to the centre) and milder (further out) forms. The more precisely you name what you feel, the easier it is to care for that emotion.



Why name emotions?

Simply naming an emotion reduces its intensity and gives you some distance and a sense of control.

How to use the wheel

- › start from the centre: which of the 8 emotions do you feel most strongly?
- › move to the ring that matches the intensity
- › ask what need lies behind the emotion

Every emotion carries information

There are no "bad" emotions. Anger speaks of a boundary, fear of a threat, sadness of a loss, joy of what matters.

NAMING EMOTIONS: WHEN ONE IS VERY STRONG, FOUR STEPS

S · Stop

Stop before you react. You don't have to do anything straight away.

B · Breathe

Take a few calm, long out-breaths to settle the body.

N · Name

Find the word on the wheel that best describes what you feel.

T · Tend

Ask about the need beneath the emotion and take one small, good step.