

Open Your Class With This Tomorrow- *Why Has Nobody Told Me This Before?*

The language we use shapes our world. Those who can differentiate between negative feelings can be more flexible in their response to problems. A powerful tool to help us get through difficult times is having the right word for the emotion we are feeling. The more words you have to differentiate emotions, the more options you have to understand and regulate emotions, which in turn can help you respond better to challenges.

Directions:

One tool for the toolkit, is being able to accurately identify what you are feeling. Write down an experience and explore how you can describe what emotion is being felt during that experience.

Often you may be able to quickly think of a primary emotion, such as joy, fear, sadness, anger, surprise, or disgust.

To help build your vocabulary for emotions, use a feeling wheel such as the two listed below. Dr. Julie Smith recommends keeping a copy of a feeling wheel easily accessible so you can find more specific words to describe what you are feeling.

Feeling Wheel by Gloria Wilcox can be found at <https://allthefeez.app/feeling-wheel/>

Feeling Wheel by Robert Plutchik can be found at

<https://www.6seconds.org/2022/03/13/plutchik-wheel-emotions/>