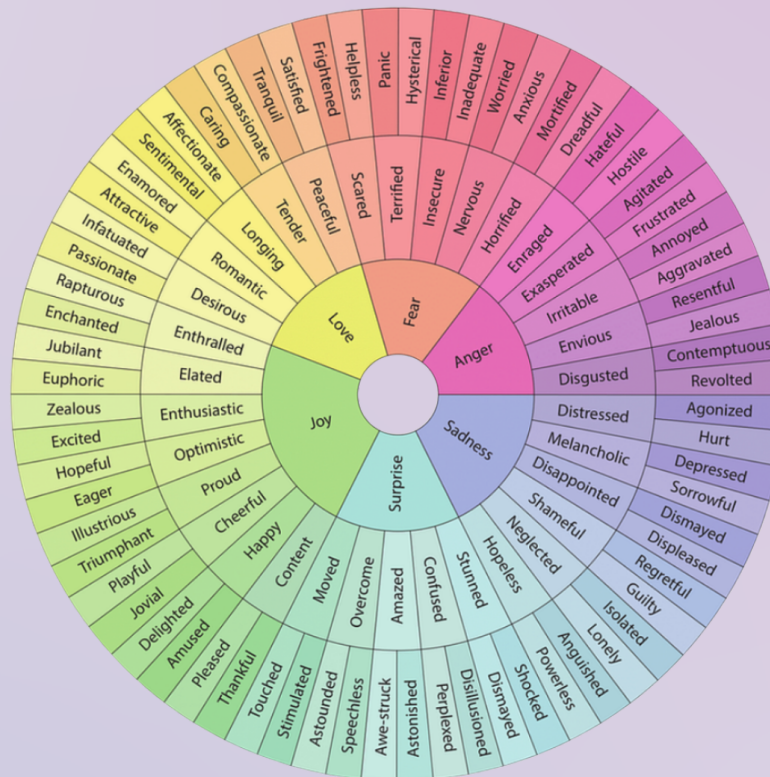


The Emotions Wheel

How many times growing up do you remember having the urge to push down your emotions or ‘just make them stop’? Unfortunately for most, this is an experience you know all too well, and it often extends much beyond childhood. We have been taught to invalidate ourselves - “don’t be angry”, “don’t cry”, “don’t be upset”, “just let it go” - sound familiar? We haven’t been taught how to have a normal experience of emotion without trying to make that emotion go away.

It can be really hard to understand our emotions when we don't have the words to express how we're actually feeling. Using the Emotions Wheel below, try to name the emotion(s) coming up for you.



What Emotion(s) Am I Feeling?

What Do Your Emotions Feel Like In Your Body?

To take it a step further, you can now explore where you are feeling those emotions in your body physiologically. This allows you to know what emotion you're feeling in your body instead of using your logic only. We're really good at explaining *why* we feel something, but generally not very practiced in understanding *how* we feel something. For example, if you're feeling nervous, you might understand logically why you're feeling that emotion, but you may feel a put in your stomach and shakiness that allows you to understand that your body is feeling nervousness physically too. You can also rate your emotions on a scale of 1 to 10 to indicate the intensity of your experience, with 1 being a very low level of emotion and 10 being extreme.

Emotion	Physical Location	Physical Sensation	Rating (1-10)
<i>E.g. Anxiety</i>	<i>In my chest</i>	<i>Tightness, heaviness</i>	<i>7</i>

Need Help Exploring Emotions?

It's hard to learn a new skill like this, especially when you weren't taught how to understand your emotions (often being told to ignore them even!). If you think a bit of extra support would be helpful, reach out to our team of trained therapists. Your therapist can support you in making a personalized plan to dive deeper into understanding your emotions, where they came from and what their purpose is, and how to respond to them differently to make healthier decisions moving forward. Learn more about our team members on our website - www.therapyuninterrupted.ca/our-team - or book your free consultation with a therapist [here](#)!