

EMOTION IDENTIFICATION



REFLECT:

Think about a time when you felt a certain emotion (e.g. anger, joy, worry, pain, happy).

1. What emotion are you reflecting on? _____
2. What did you do when you were feeling that emotion?
3. Who did you lean on for support?
4. The next time you feel this emotion, how might you react the same?
5. The next time you feel this emotion, how might you react differently?

CHALLENGE:

WITH SOMEONE YOU TRUST, SHARE ABOUT AN EMOTION YOU ARE FEELING NOW, AND ASK THEM TO SHARE AN EMOTION THAT THEY'RE FEELING (IF THEY FEEL COMFORTABLE TO SHARE).

SIMPLIFIED EMOTION WHEEL



