

Additional Resources

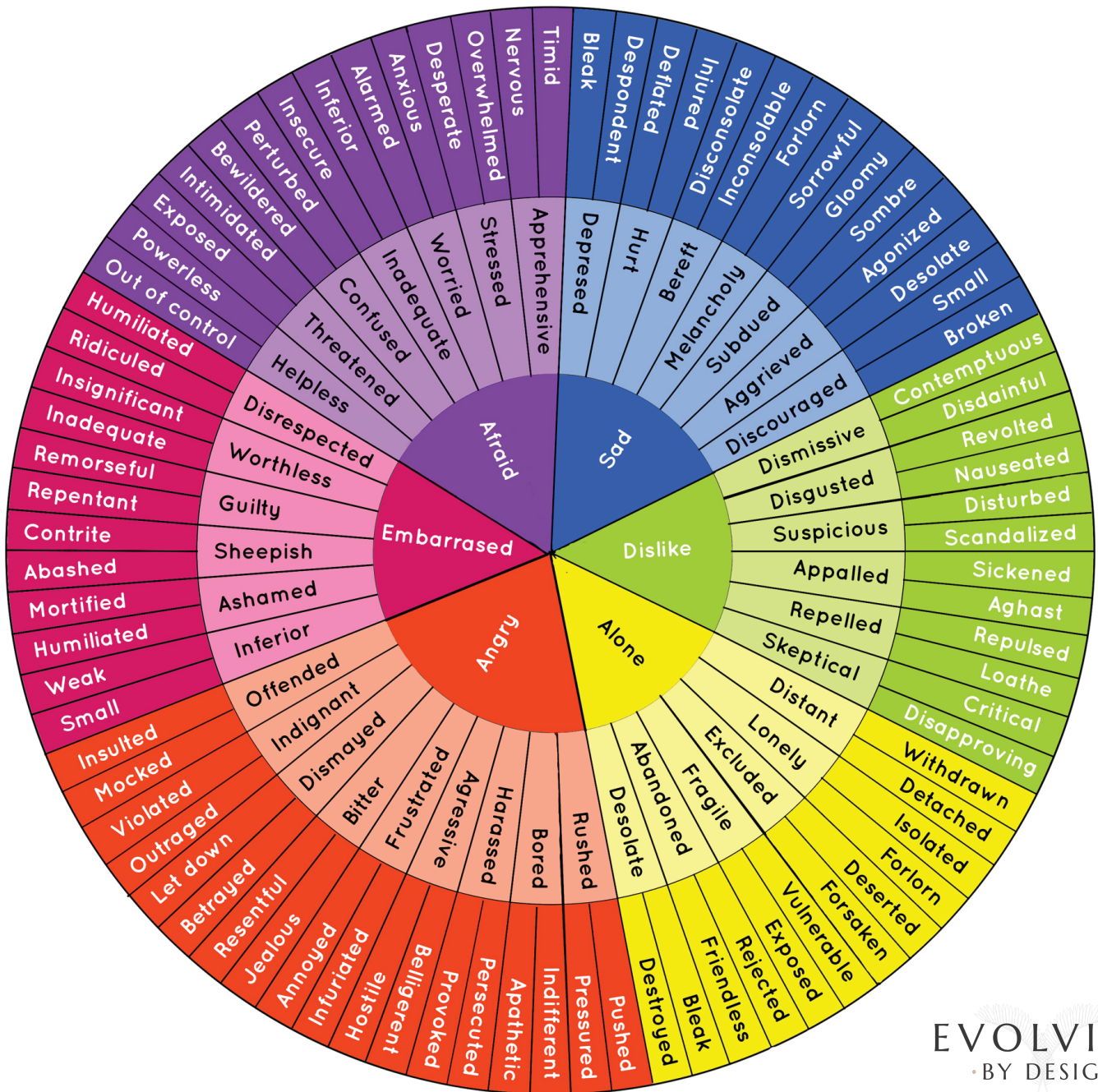
learning how to identify feelings

If you have limited emotional vocabulary- use these guides to help you clearly identify how you are feeling. Being able to identify and communicate our negative feelings has been shown to reduce this intensity of the negative experience because it re-engages our rational mind.

Feeling Wheels Created by Human Systems:

<https://humansystems.co/enhance-emotional-granularity-with-the-hs-emotion-wheel-system/>

Human Systems Emotion Wheel System Uncomfortable Emotions/ Negative Affect



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Comfortable Emotions/ Positive Affect

