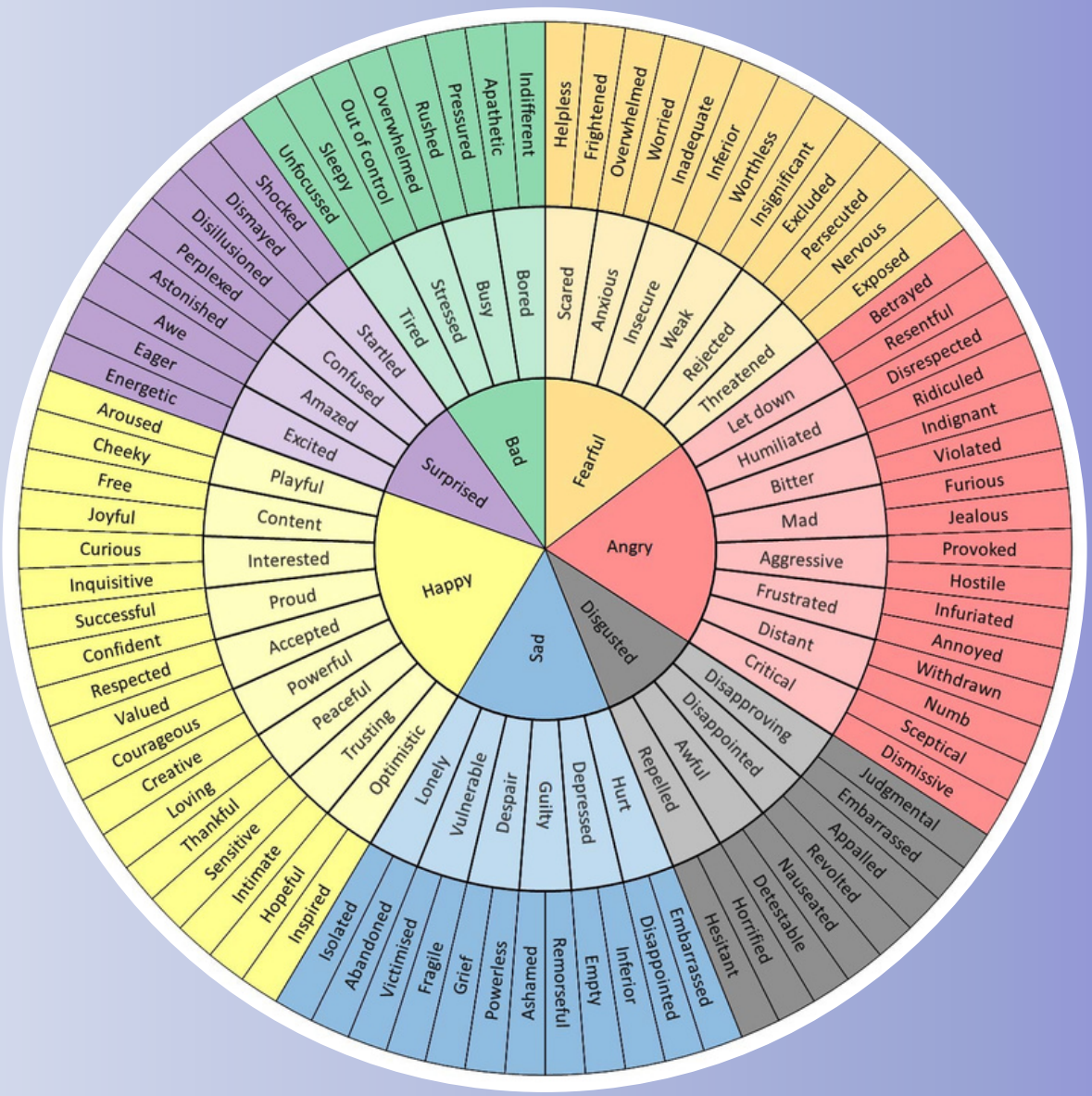
LEARN HOW TO LABEL YOUR

FEELINGS



Use the Feelings Wheel to find accurate labels for whatever you are experiencing.

Label your emotions to feel less reactive and more in control of your feelings.

Sources: https://imgur.com/tCWChf6
Feelings Wheel - Geoffrey Roberts
Torre, J. B., & Lieberman, M. D. (2018). Putting Feelings Into Words: Affect Labeling as Implicit Emotion Regulation. Emotion Review, 10(2), 116-124. doi:10.1177/1754073917742706