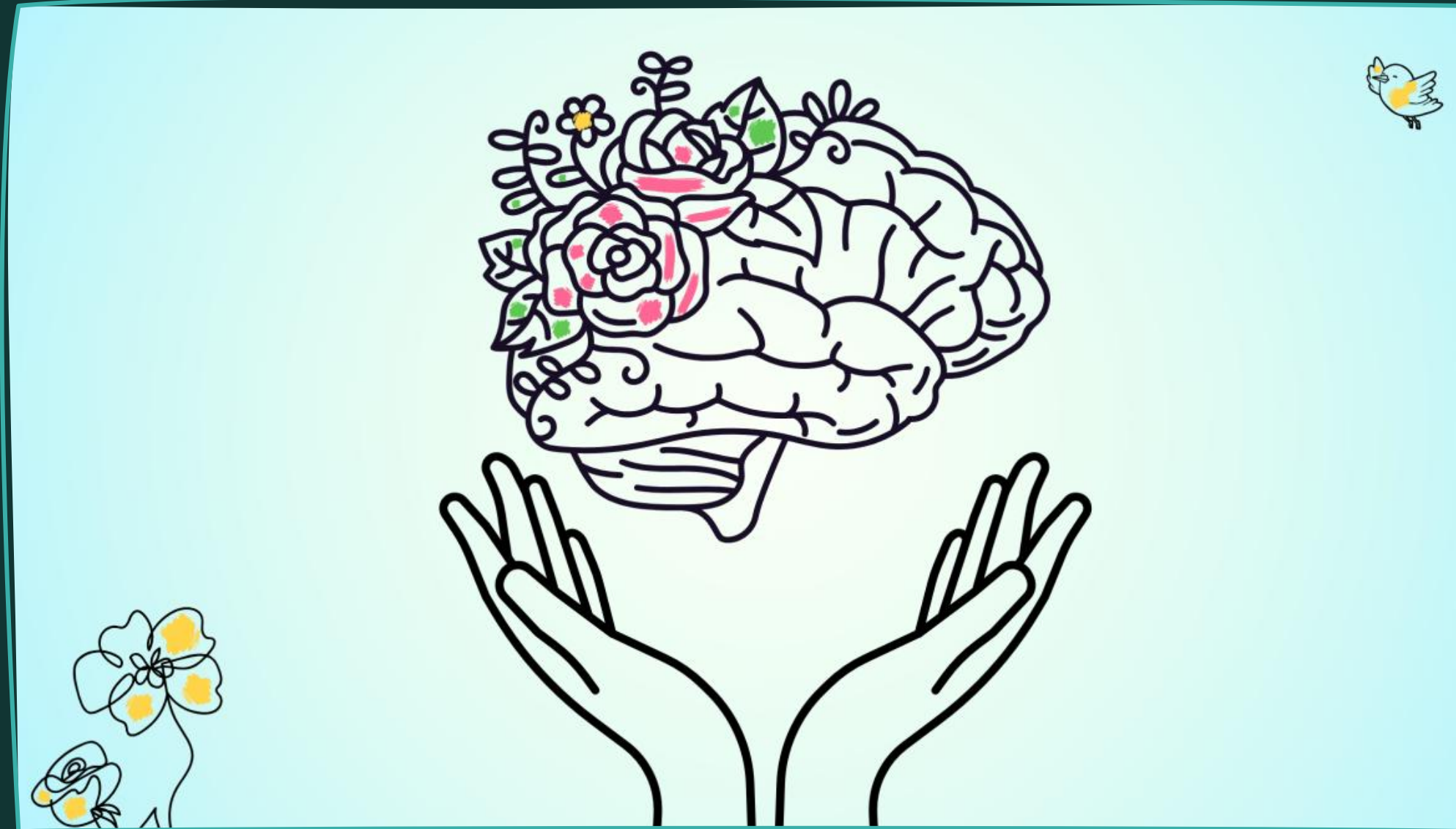


Mind your Mind

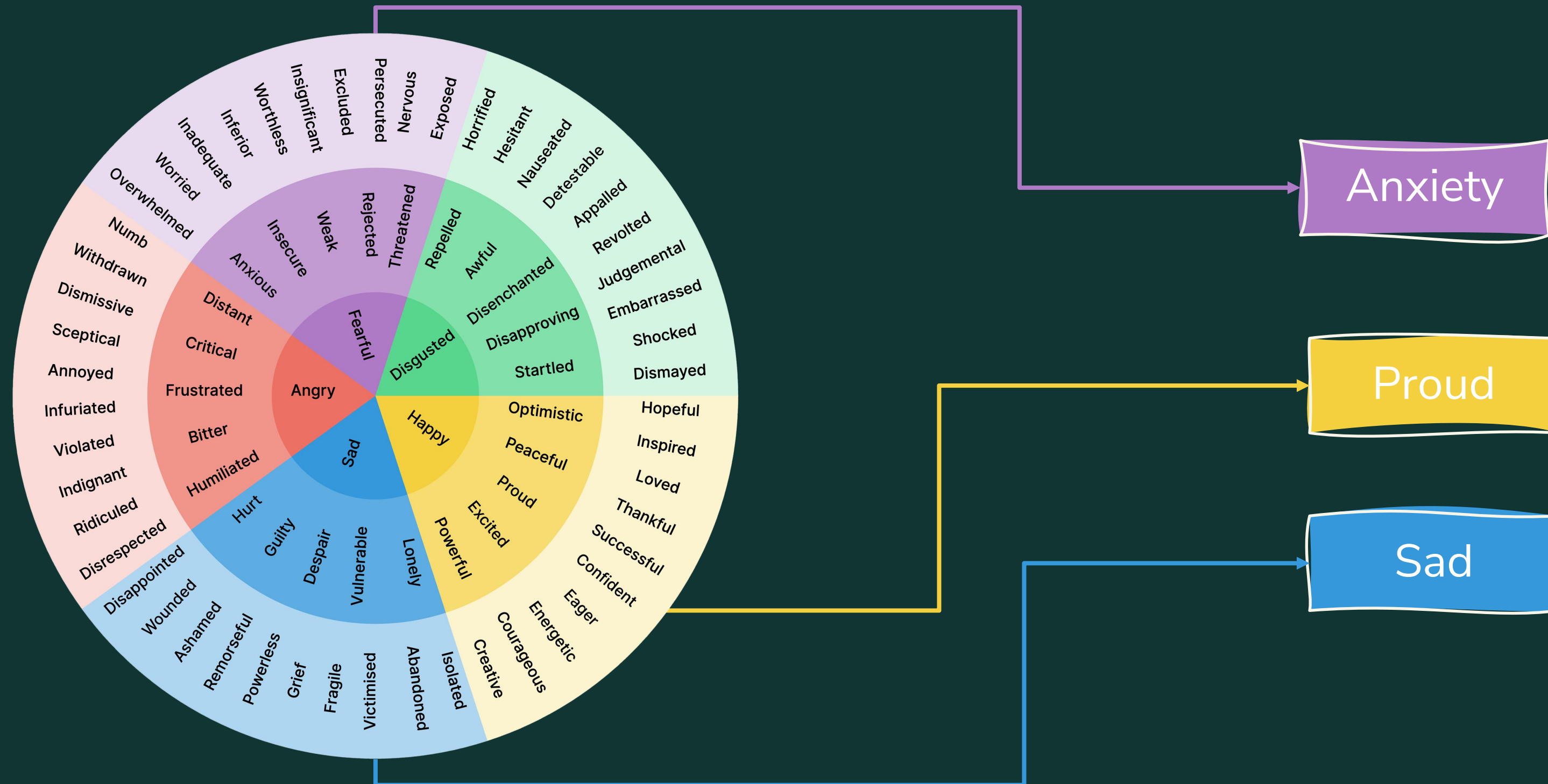


Awareness & Emotional Recognition

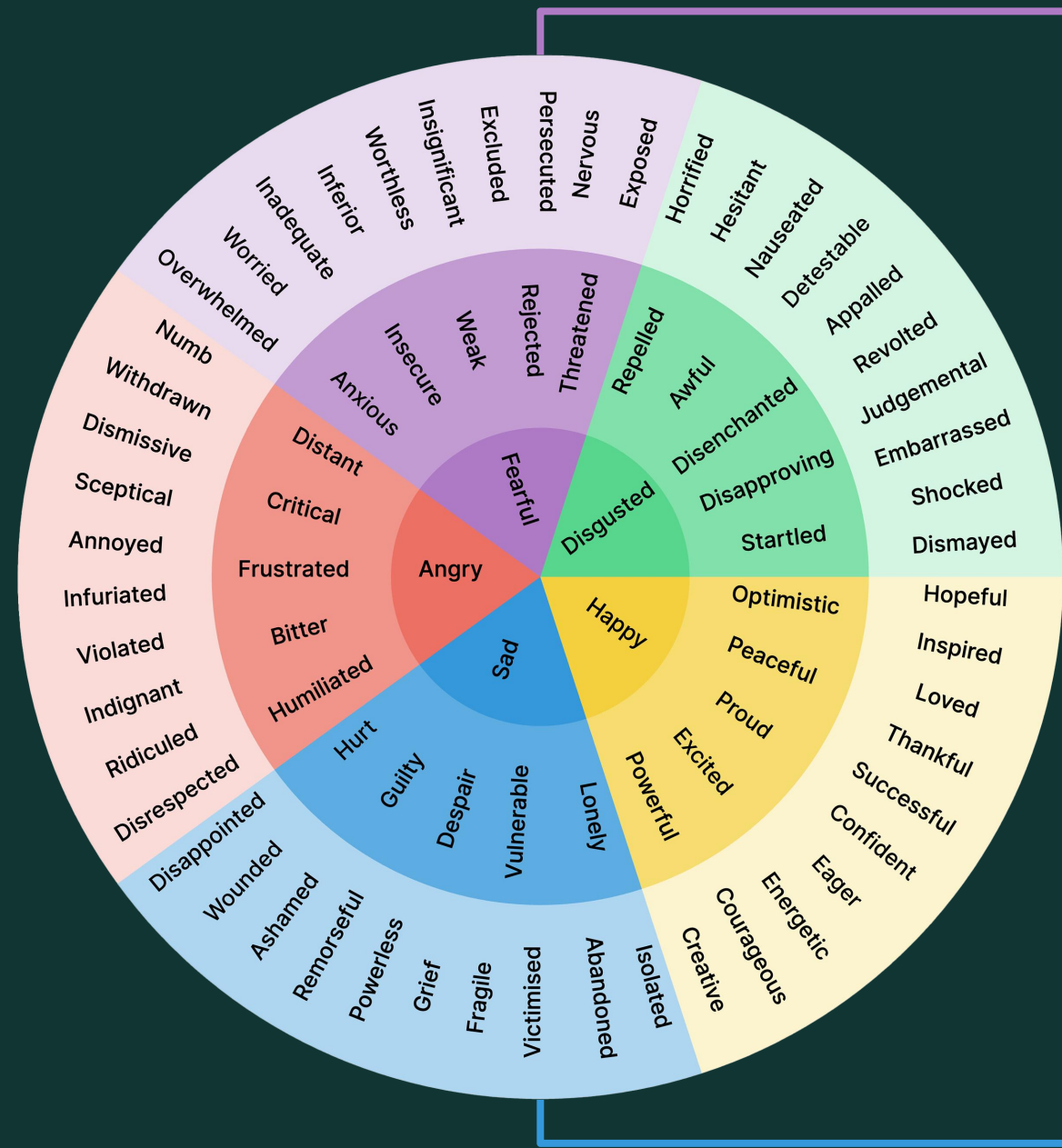
The Emotion Wheel

- Dr. Gloria Willcox, a therapist, created the original version of the feelings wheel in 1982 to help people identify and articulate their emotions more effectively.
- The idea of the emotion wheel is that each strong emotion is driven by a deeper feeling and that ranges from person to person. What gives me joy will vary from someone else and also what triggers anger will vary as well.
- Every emotion carries information on how we process it and at the time one is going through a strong emotion, understanding what triggers it, helps us to name it. For example, you get angry because of a flippant statement and someone says you are over-reacting – it could be the trigger was an accumulation of being ridiculed. So anger is the reaction and what triggers the reaction is humiliation.
- Once you realize, what the really trigger is, you are then better able to respond.
- Emotions are felt in different parts of the body, so think about when you're scared vs when you're in love – you feel it differently. But, no matter what, all these emotions are felt in the mind as well. And the mind keeps them {it has a score card} and in the long-run, if the score is largely negative emotions, it becomes too much a burden for your mind leading to degenerative mental illnesses.
- The way we react is different from person to person and this is based on our learning style and motivation.

Every emotion carries information.



Name it...



Anxiety

Excluded

Proud

Successful

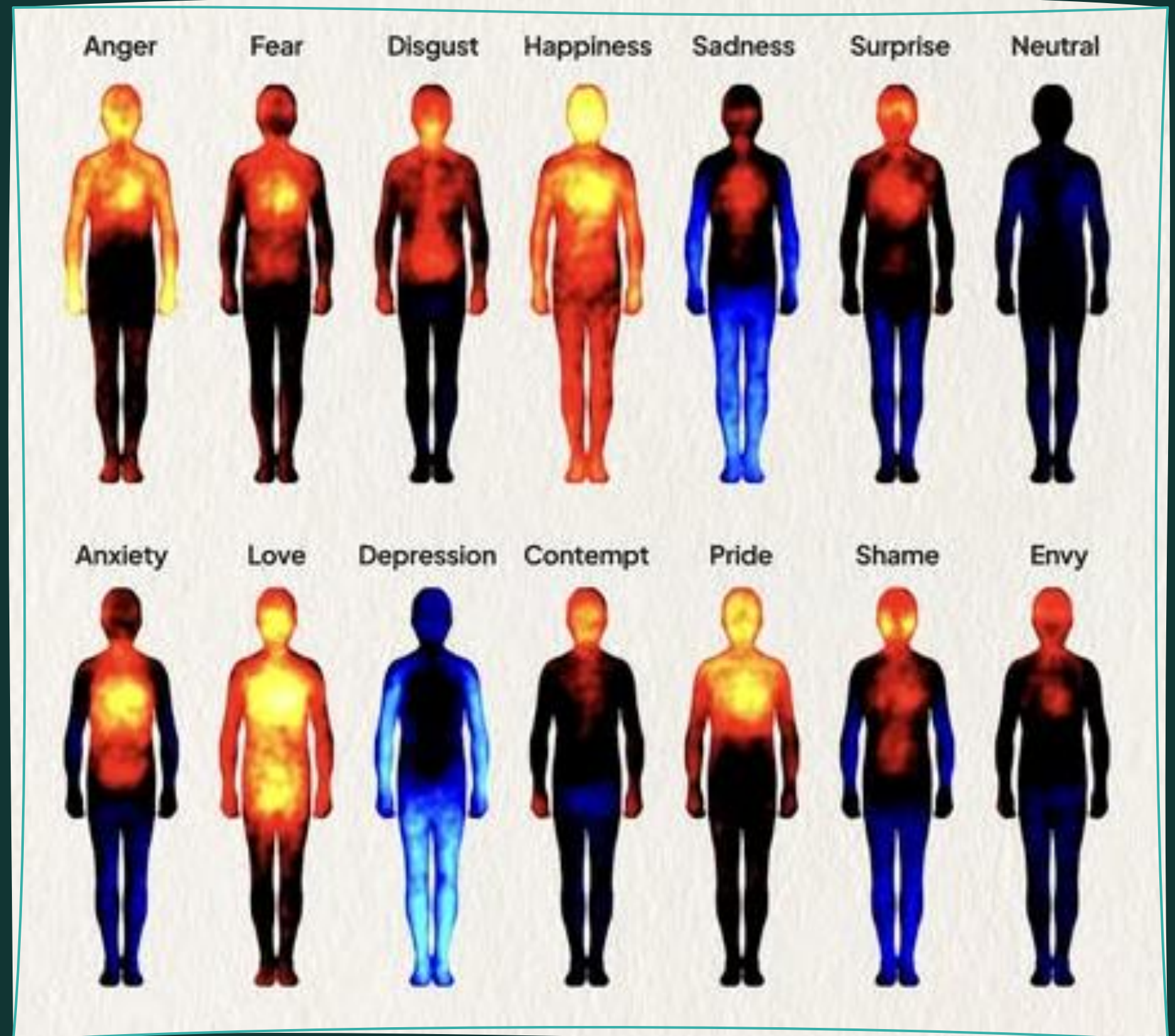
Sad

Victimized










...to respond to it.

**Emotions show up
in the body.**

**All emotions also
show up in the mind.**



Noticing the Reaction

		MOTIVATION		
		Independance	Acceptance	Security
STYLE	Assert	 CONTROLLER	 HYPER-ACHIEVER	 RESTLESS
	Earn	 STICKLER	 PLEASER	 HYPER-VIGILANT
	Avoid	 AVOIDER	 VICTIM	 HYPER-RATIONAL



Reflect

What was I actually feeling underneath that reaction?

Want to read this in detail?

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