

## Emotions wheel

Emotion wheels can help us to identify the emotion we are feeling and then help us to acknowledge how we feel. We can then work on how to express this safely and get our needs met.

**E**valuate how you are feeling now.

**M**ake a note of the circumstances that led to you feeling this way.

**O**wn your feelings and your reasons for them - it is perfectly ok to feel how you do.

**T**he problem comes if we express it in an aggressive way - verbally or physically.

**I**dentify what the problem is - break it down to what matters most.

**O**ne step at a time - one thing at a time. What will you work on first and how?

**N**ow you are ready to tackle how you feel and express it to others assertively!

