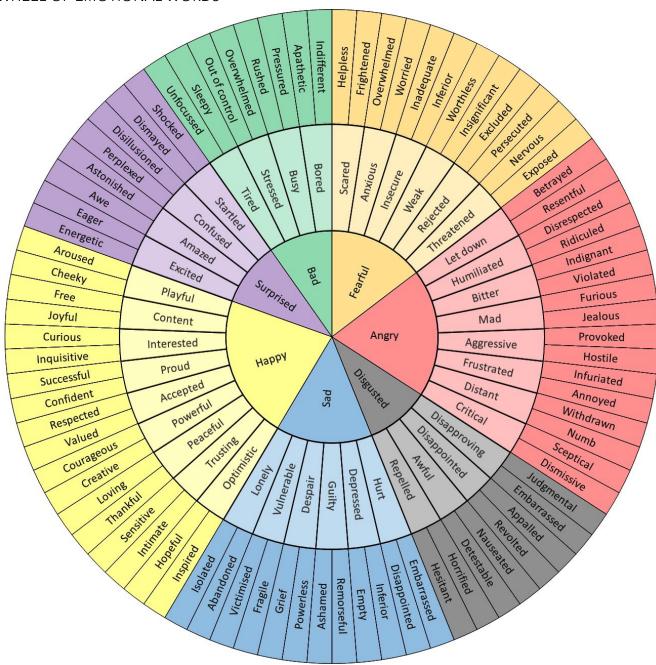


WHEEL OF EMOTIONAL WORDS



A wheel of emotional words. Sometimes people develop a limited emotional vocabulary and as a result the intensity of their negative emotions and experiences is heightened because they can't describe their feelings accurately. That's why this list is heavily focused on negative emotions/ experiences. Being able to clearly identify how we are feeling has been shown to reduce this intensity of experience because it re-engages our rational mind. (Source: http://imgur.com/gallery/tCWChf6)