



Name: _____

Date: _____

Name Your Feelings

Instructions: Complete each item. Use the Feelings Wheel to help you name your emotions accurately.

Practice Naming Emotions

1. Think about a time in the past few weeks when you felt a strong emotion. Try to put yourself back into the moment. What was happening? Who was there? Describe the situation below.

2. How did you feel emotionally? Physically?

3. Look at the Feelings Wheel. Identify what emotion(s) you were feeling at that moment and name them below.

4. Did naming the emotions change them in any way? If so, how?



Plan to Use Emotion-Naming

1. For this strategy to work, you'll need to make it a habit. This can be challenging, because the goal is to be able to do it when your emotions are particularly intense. How could building the habit of pausing and naming your emotions benefit you?

2. What are two things you could try to help yourself build this habit? How do you typically remind yourself to do something? Visuals? Notifications? Write your ideas below.

Reflect

After a week of using the emotion-naming strategy, reflect on how it went.

1. How often did you use emotion-naming strategy?

2. Did using the strategy help reduce the intensity of your emotion(s)?

3. Will you keep using the strategy or teach it to someone else?

