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Konlien

The Benefits of Naming Emotions Accurately

Naming our emotions is a key element in emotional awareness, which is foundational to emotional intelligence and optimal human functioning.

We often go for the simple labels, like "angry," "happy," and "sad." However, this simplification costs us greatly:

- ➡ We disconnect from our authentic experience.
- We miss crucial data about what we need and matters most to us.
- ➡ We fail to process our emotions productively.
- We miss key insight and learnings for deeper self-awareness.
- We lose opportunities for making sense of our experiences.
- We mistake emotional complexity for confusion.
- We judge ourselves for feeling "contradictory" emotions.
- ➡ We fail to respond and self-regulate appropriately.

Coaching clients sometimes resort to simple labels when experiencing negative emotions.

When this happens, I support them with this Emotion Wheel, providing an opportunity to go deeper and get more specific.

Author

This reflection tool was developed by Dr. Michelle Watson-Grant. The wheel is from the Positive Psychology Toolkit.

Goal

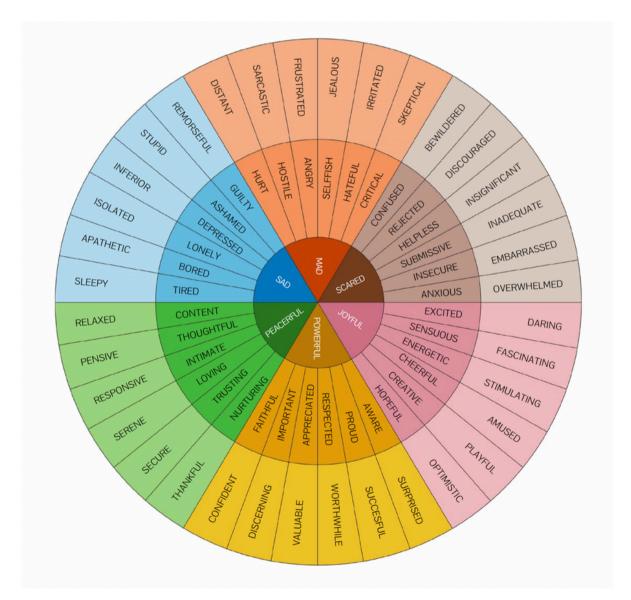
This tool aims to support individuals in naming negative emotions and moving them closer to the emotions they want to experience.

Jonlieu THINK. BE. DO.

Naming Your Emotions Accurately

Look at the Emotion Wheel. There are 6 core emotions and a whole palette of feelings within each.

- What emotions are coming up for you around this issue? How are these emotions serving you?
- What thoughts or beliefs are fueling these emotions?
- What would you rather be feeling? How might these emotions serve you?
- What thoughts or beliefs would fuel those emotions?
- What's 1 small action you can take to move closer to the emotions you want to experience?



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