

# Margaretha Montagu Retreats, Courses and Books

## Emotion Wheel

### How to use an Emotion wheel to increase your emotional vocabulary

The ability to label your emotions accurately increases your ability to cope with life transitions exponentially. To be able to label your emotions accurately, you may need to expand your emotional vocabulary. For example, while many people might describe themselves as simply feeling "bad," emotionally intelligent people can pinpoint whether they feel "irritable," "frustrated," or "anxious." The more specific your word choice, the better insight you have into exactly how you are feeling, what caused it, and what you might do about it. Being specific enables you to pinpoint the emotion (or combination of emotions) that you are experiencing, which helps others understand your reaction to your emotions.

Use the Emotion wheel below to help you identify what you are feeling.

