

Noticing and naming emotions – the emotion wheel

The *Geneva Emotion Wheel* can be used to help you to identify and describe your feelings. Twenty different emotions are arranged in a circular fashion on the next page. Please note that the words provided often represent a large "emotion family" and may refer to a whole range of similar emotions. Thus, the Anger family also covers emotions such as rage, vexation, annoyance, indignation, fury, exasperation, or being cross or mad; the Fear family includes anxiety, worry, apprehensiveness, fright, or panic. Some of the words, such as love, hate, or guilt, can be used to refer to long-term states; but in this case checking/selecting those labels means that you have had a temporary feeling that belongs to the families of Love, Hate, or Guilt.

You can use the emotion wheel to identify the emotions you are experiencing in relation to your bereavement, even though the words on the sheet may not capture all facets of your experience. Undertaking this exercise at regular intervals will help you become more aware of how you feel in relation to your bereavement and whether this is changing over time.

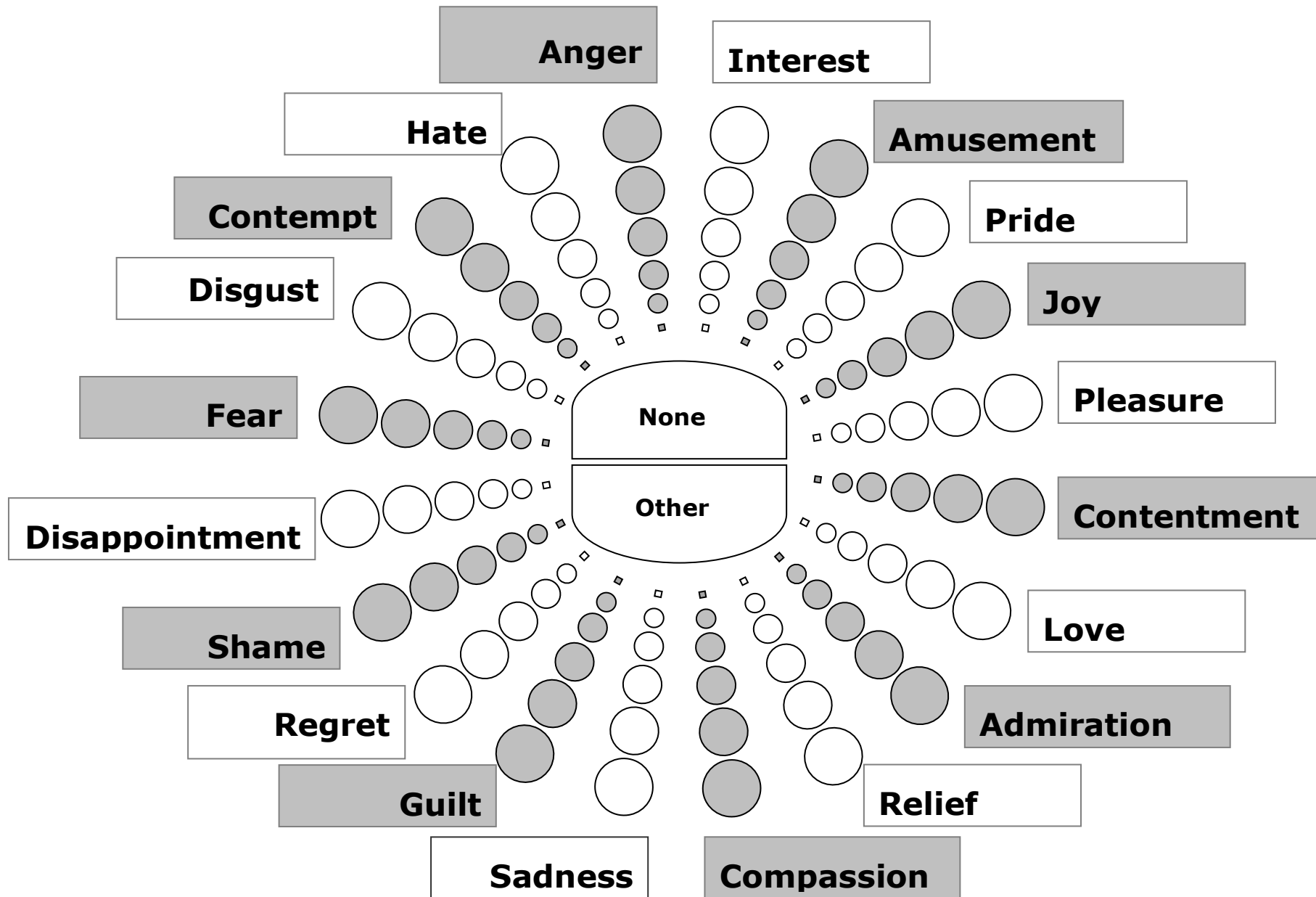
First identify the emotion family (or emotion word) that best corresponds to the kind of feelings you recently experienced in relation to your bereavement. Then determine with which intensity you experienced the respective emotion and check one of the circles in the "spike" corresponding to this emotion family -- **the bigger the circle and the closer it is to the rim of the wheel, the stronger your emotional experience would have been.** Different intensities often correspond to different members of an emotion family. Thus, irritation can be considered a less intense emotion belonging to the Anger family and anxiety a less intense emotion belonging to the Fear family. For less intense emotions, please check one of the smaller circles in the spike. If the emotion was very intense, please check the largest circle of the spike.

If you did not feel any emotion at all, please check the upper half circle in the center of the wheel (labeled "None"). If you experienced an emotion that is very different from any of the emotions in the wheel, please write that in the lower half circle (labeled "Other").

Alternatively, instead of selecting the most relevant emotion to your experience, you might prefer to rate the intensity of all the emotions in the wheel with respect to what you felt, even if the intensities are very low. For those emotions that were not at all part of your reaction, please check the small box under the smallest circle, respectively.

If you cannot print out this sheet, please just write the words of the main emotions you are feeling into the notebook you are using to keep track of anything you might like to note down as part of MGMW. To start, you might find it helpful to complete and date this wheel now, and do it once a week over the next few weeks as you work through the My Grief My Way resource.

Date: _____



Reflections:

Feel free to use this space to reflect on your emotions and their intensity. Are there any surprises? If you have done this exercise more than once, what do you notice?