

Engage/Accept

Take some time to look over the emotions you listed above present within your physiological responses (i.e. tense muscle, being thirsty, warm sensation throughout your body, quick breathing). After identifying some of your physiological responses, reflect on how you respond to your body's reactions (i.e. do you listen to them, respond to them, ignore them, critique them).

Of the emotions you listed above, how do they present within your behaviors (i.e. yelling, fidgeting or pacing, smiling, laughing, sighing). After identifying some of your behavioral responses, reflect on how you are able to connect behaviors to feelings.

When reflecting on the emotions you've identified from the feelings wheel what, if any, beliefs do you hold around those emotions and how do you respond to those beliefs? (i.e. being happy means I'm a good person, being angry makes other people uncomfortable, being melancholy means I can't find the positive in life, being passionate means I'm "too much" for others)

What tools do you use to respond to your emotions as you feel them happening, when they are actively present, and/or after the emotions have subsided?

When you think of how you perceive, reason, understand, and manage your emotions which of the following apply to you? (select all that apply)

- An ability to identify and describe what people are feeling
- An awareness of personal strengths and limitations
- Self-confidence and self-acceptance
- The ability to let go of mistakes
- An ability to accept and embrace change
- A strong sense of curiosity, particularly about other people
- Feelings of empathy and concern for others
- Showing sensitivity to the feelings of other people
- Accepting responsibility for mistakes
- The ability to manage emotions in difficult situations

If you'd like to take a scored emotional intelligence test (EQ) this one might be useful:
<https://neotecouncil.org/wp-content/uploads/2012/04/EmotionalIntelligence-Self-Assessment.pdf>

Messaging/Previous Experience

How you were taught about your emotions as a child, adolescent, and adult often carries into your attitudes and responses throughout life. These questions help identify different messages you were given around emotions.

1. In your childhood when you experienced a strong emotion (excitement, anger, fear, grief, frustration) how did your guardian(s) react?

2. Did they help you come back to a state of regulation or did you have to process strong emotions on your own?

8. What have you been taught around how gender impacts one's abilities or freedoms to express, feel, or be aware of emotions?