ENLIGHTEN EXERCISE #27
Identifying My Emotions

You can develop a greater self-awareness of your emotions by rating the types of emotions you experienced during an event or situation. First, identify an event or situation you have recently experienced and choose the emotion family that seems to best correspond to the kind of feeling you experienced. Then, determine with what intensity you experienced the respective emotion and check one of the circles. The bigger the circle and the closer it is to the rim of the wheel, the stronger your emotional experience would have been.

If you felt no emotion at all, check the upper half of the circle in the hub of the wheel. If you did experience an emotion that is different from any of the 20 emotion families shown, write the name of it in the lower half circle in the hub.

Reference: Geneva Emotion Wheel
Happiness
Joy
Enjoyment
Pleasure
Feeling disburdened
Relief
Longing
Nostalgia
Irritation
Anger
Contempt
Scorn
Disgust
Repulsion
Envy
Jealousy
Disappointment
Regret
Guilt
Remorse
Embarrassment
Shame
Worry
Fear
Sadness
Despair
Pity
Compassion
Amusement
Laughter
Happiness
Joy
Enjoyment
Pleasure
Tenderness
Feeling love
Wonderment
Feeling awe
Feeling disburdened
Relief
Astonishment
Surprise
Longing
Nostalgia

No emotion felt
Other emotion felt