

Recognising your feelings

Being able to recognise your own emotions will help you tell your partner (or ex) how you are feeling when arguments happen.

It might feel difficult at first, but with time it will become easier and make communicating less stressful.

Activity 1:

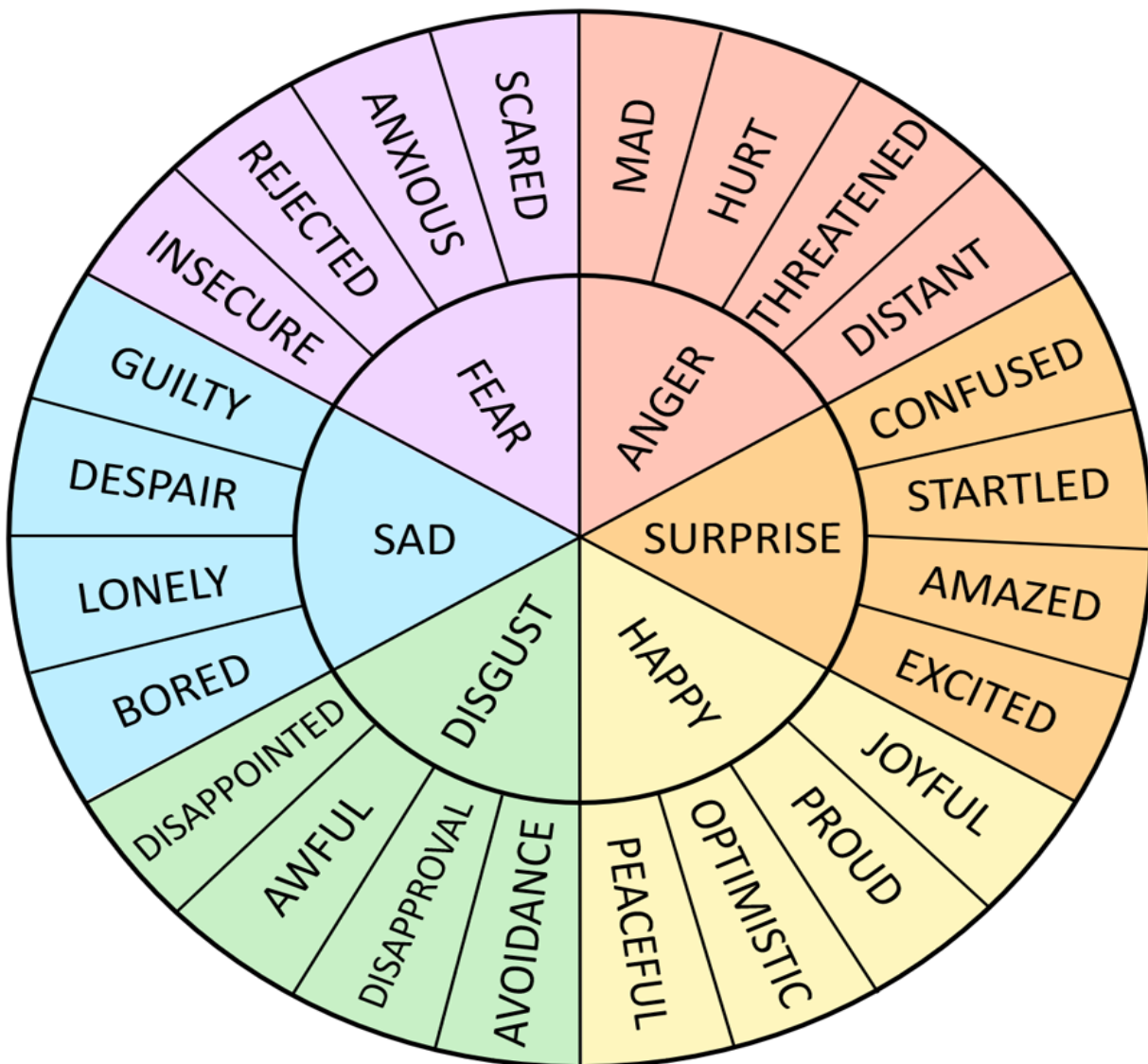
This image shows 6 of the main emotions: fear, anger, disgust, sadness, happiness, and surprise.

Which emotion do you feel when you end up in an argument?



Activity 2:

This image explores the 6 emotions in more detail.



Do the emotions on this wheel describe how you're feeling in an argument?

Can you use them to put into words what you're experiencing?

I'm feeling.....

I have felt like this for (how long).....

I feel like this because.....

Activity 3:

Here's a blank emotions wheel.

Using the space in the diagram, write down the 6 main emotions you feel during and after an argument with your partner or ex.

