

The Emotions Wheel

Perimenopause can be an emotionally challenging time for many women, and having a tool to help identify and articulate your feelings can make a big difference. The Emotions Wheel provides a visual representation of the range of emotions you might be experiencing, aiding in self-awareness and emotional expression.

To use the Emotions Wheel, start by familiarizing yourself with the different emotions and categories it contains. Identify which emotions resonate with you and which ones you find challenging.

When you experience a strong emotion, try to pinpoint it on the wheel. This can help you understand and express your feelings more effectively. For example, if you're feeling angry, locate anger on the wheel. Then, explore the secondary emotions associated with anger, such as frustration, irritation, or resentment. This process can enhance your ability to communicate your emotions precisely and deepen your self-understanding.

Here are some question prompts to guide your use of the Emotions Wheel:

- What emotions am I feeling right now?
- Can I identify the primary emotion that I'm experiencing?
- Are there any secondary emotions that I'm also feeling?
- How intense are my emotions on a scale of 1-10?
- Are there any patterns or triggers for my emotions?
- How do my emotions affect my behavior and interactions with others?
- Are there any coping strategies that I can use to manage my emotions?
- Are there any emotions that I'm suppressing or not acknowledging?
- How can I express my emotions in a healthy and constructive way?
- What kind of support do I need to help manage my emotions during perimenopause?



The Emotions Wheel

The Emotions Wheel was developed by Robert Plutchik and can be helpful when attempting to explain your emotions to other people. Being able to put a name to feelings can give individuals the power to develop ways to move on and cope.

