

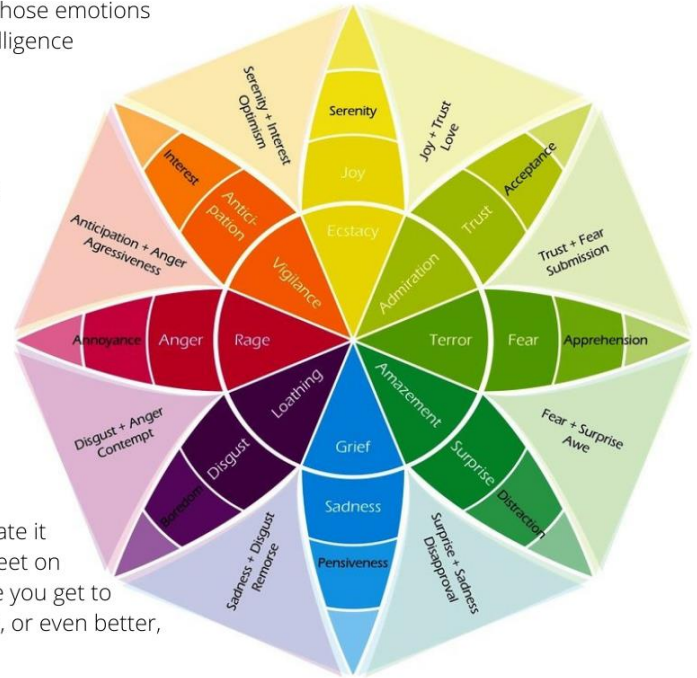


## Train Your Brain Series: Week 4

### Feelings: Our emotions matter, but they are not permanent.

Our feelings, which follow and often reinforce our thoughts, can be powerful driving forces. Developing the emotional awareness to recognize when we are feeling specific emotions and how those emotions can escalate is an important skill in developing emotional intelligence and the next step in gaining control of our behaviors.

Take a look at this "Wheel of Feelings." Notice each petal works its way towards the center as an increased intensity of a similar emotion. Unchecked, our manageable feelings could easily become emotions that control us. For example, let's say everyday you walk into your office and your coworker never looks up, never says good morning, never acknowledges you. This could start off as a simple annoyance, but unchecked, it could manifest into anger (perhaps impatient with that person) or even develop into rage at that person (rude/yelling at them). It may sound illogical, but it is actually very common. A simple everyday annoyance could lead to a harmful feeling and response.



This week, we encourage you to pick a petal see if you can relate it to a work or personal situation. Then try the attached worksheet on feelings. How can you become aware of your emotions before you get to the next layer of intensity that could drive a negative behavior, or even better, try a new more positive thought process?

Provided by TherapistAid.com

**Situation: Simple description**

**Example:** There is an opportunity at work I want to request I be considered for. I feel I am a good fit and it would be good for my career growth

Example:

Negative Thought:  
There are others better than me. I will NEVER get it

Feeling created: I am disgusted with myself staying quiet

Feeling intensified  
I have feelings of regret and feel stuck

Positive/Rational Thought:  
I am interested and should let management know

Feelings created: I am unsure of what the response will be but am excited about this opportunity

Feelings intensified: I am proud of myself for advocating for my growth

**Your Turn:**  
Situation:

Negative Thought:

Feeling Created:

Feeling Intensified:

Positive/Rational Thought:

Feeling Created:

Feeling Intensified: