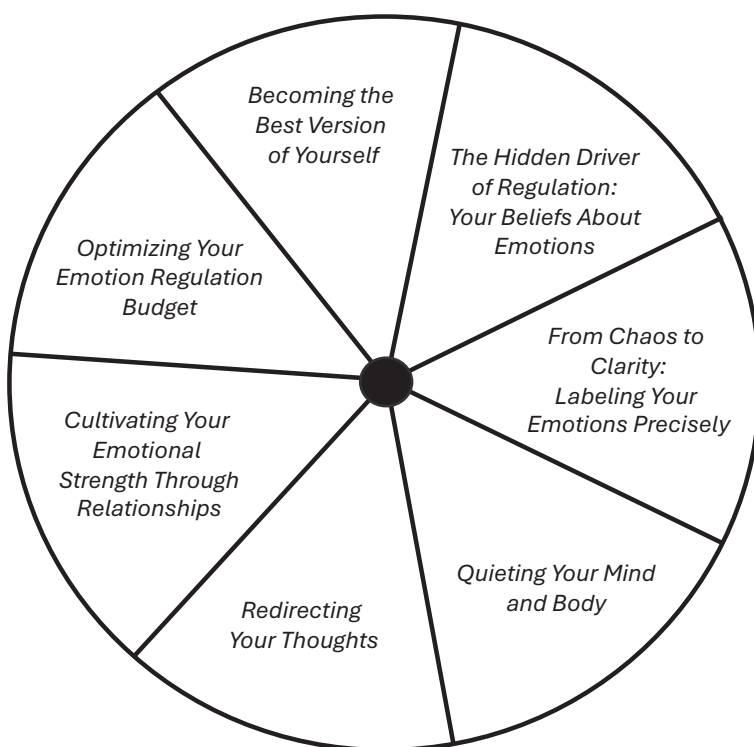


**From *Dealing with Feeling* by Marc Brackett**  
**www.marcbrackett.com**

**THE DEALING WITH FEELING WHEEL**

The Dealing with Feeling Wheel represents the seven broad areas of healthy emotion regulation discussed in this book. The reflections under the wheel can guide you in developing specific strategies within each area. The worksheet on page 275 can then help you to set goals and make a concrete plan for implementing the strategies. Visit my website (marcbrackett.com) to take the *Dealing with Feeling* survey and gain insights into your emotional strengths and areas for growth.



### **THE HIDDEN DRIVER OF REGULATION: YOUR BELIEFS ABOUT EMOTIONS**

Your mindset about emotions significantly influences how you experience and respond to them. Adopting a growth mindset can lead to healthier emotion regulation.

#### **Reflections:**

- I allow myself to experience the full range of emotions, both pleasant and unpleasant, without shame or resistance.
- I believe that all emotions serve a purpose, even the unpleasant ones.
- I have taken steps to reshape any unhelpful beliefs I have about emotions.
- I approach emotions with openness and curiosity, seeking to understand them rather than judge them as good, bad, positive, or negative.

### **FROM CHAOS TO CLARITY: LABELING YOUR EMOTIONS PRECISELY**

Labeling emotions accurately is a powerful tool for understanding and managing your feelings. It improves emotional awareness and clarity and helps in regulating. Developing a more precise feelings vocabulary can lead to improved emotion regulation.

#### **Reflections:**

- I pause to identify how I'm feeling before responding.
- I accurately label the emotions I'm experiencing.
- I explore my emotions to discover their underlying causes.
- I am able to distinguish between similar emotions (e.g., anger vs. frustration or happiness vs. contentment).

- I practice labeling emotions in real time during challenging situations.
- I notice a difference in how I feel after I label my emotions.

### QUIETING YOUR MIND AND BODY

Breathing exercises can help us to deactivate and feel calm. Mindfulness involves being present and fully engaged in the current moment without judgment. These practices can enhance your emotion regulation skills and overall well-being.

#### Reflections:

- I have a routine or practice to calm my mind, such as deep breathing or mindfulness.
- I am not easily swept away by emotions.
- I consciously relax my body when I notice tension building.
- I am present with others.
- I incorporate mindfulness exercises into everyday activities like eating or walking.

### REDIRECTING YOUR THOUGHTS

Redirecting your thinking involves shifting from negative, unproductive thoughts to positive, constructive ones, using strategies like positive self-talk, reappraisal, and distancing. These regulation strategies are highly beneficial to your overall well-being.

#### Reflections:

- I speak to myself with kindness and encouragement.
- I consciously redirect my focus to more constructive thoughts during stressful situations.
- I have a habit of using cognitive strategies like reappraisal and psychological distancing.

- I am less critical of myself and blame myself less than before.
- When I experience pleasant emotions, I make an effort to savor and extend them.
- I take a few moments each day to reflect on things I am grateful for.

### **CULTIVATING YOUR EMOTIONAL STRENGTH THROUGH RELATIONSHIPS**

Healthy relationships are the cornerstone of healthy emotion regulation and emotional well-being. Strong, supportive connections with others help us navigate life's challenges and celebrate its joys.

#### **Reflections:**

- I communicate my emotions effectively within my relationships.
- I seek advice or emotional support from trusted people when needed.
- I find ways to acknowledge and highlight other people's positive experiences.
- I set boundaries to limit contact with people who drain my energy or cause me stress.
- I am empathic and listen to people, especially those who are having a difficult time.
- I find moments of humor, even in challenging situations, to stay positive.
- I feel emotionally strong and resilient because of my connections with others.

### **OPTIMIZING YOUR EMOTION REGULATION BUDGET**

Physical health directly affects emotional well-being. Regular exercise, balanced nutrition, and sufficient sleep are essential for maintaining healthy emotion regulation.

**Reflections:**

- I prioritize eating nutritious meals as often as possible.
- I am physically active for twenty to thirty minutes per day.
- I get sufficient sleep and feel restored each morning.
- I avoid drinking excessive alcohol as a way to deal with my feelings.
- I drink enough water daily to stay hydrated.
- I feel emotionally balanced, energized, and stable.

**BECOMING THE BEST VERSION OF YOURSELF**

Being your best self involves living authentically and striving for personal growth. It's about aligning your actions with your values and aspirations. It means prioritizing tasks and making time for activities that nourish your emotional health.

**Reflections:**

- I create daily routines or rituals that are fulfilling and support my well-being (e.g., spending time in nature, engaging in spiritual or religious practices, listening to music, spending time with others, having hobbies).
- I avoid situations that I know will trigger unpleasant emotions.
- I stay informed but avoid getting overwhelmed by world events.
- I am consistent in applying the strategies from this book to my daily life.
- When I fail at dealing with my feelings, I reflect and problem-solve about how I could have been a better version of myself.
- I show compassion toward myself.
- I am living in alignment with my values and feel closer to becoming the best version of myself.

My hope is that this practical framework can help you enhance your emotion regulation skills and boost your well-being. By setting clear, specific goals and focusing on approach and mastery goals, you'll find more effective and satisfying ways to deal with your feelings.

I want to highlight the importance of enjoying the process, combining emotion regulation with activities you love, and sharing your goals to create accountability. Overcoming obstacles with if-then plans and celebrating your progress are crucial steps. This guide also emphasizes the roles of healthy relationships, physical health, and a growth mindset in achieving your emotion-related goals. With the Dealing with Feelings Wheel, you can assess and target specific areas for improvement. By practicing these strategies and aligning your actions with your values, you'll be well equipped to achieve your goals and become the best version of yourself.

## DEALING WITH FEELING WORKSHEET

1. Rank each of the seven areas in terms of your current level of agreement from 1 (strongly disagree) to 10 (strongly agree).

\_\_\_\_\_ I am giving myself and others permission to feel all emotions.

\_\_\_\_\_ I am accurately labeling my emotions.

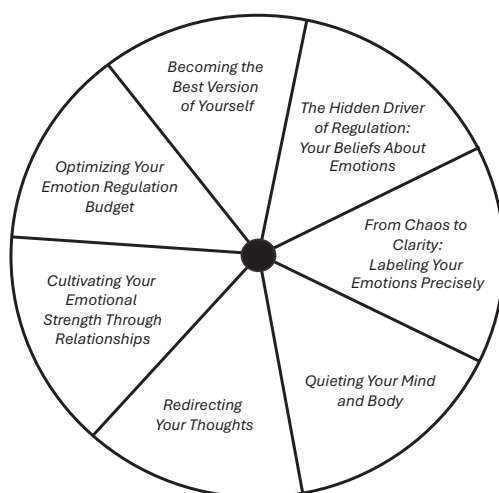
\_\_\_\_\_ I am effective at calming my mind and body and am more present.

\_\_\_\_\_ I am successful at shifting from unhelpful thoughts to more constructive ones.

\_\_\_\_\_ I am emotionally fortified by the supportive relationships in my life.

\_\_\_\_\_ I am getting enough sleep, eating nutritious meals, and staying physically active.

\_\_\_\_\_ I am making progress toward becoming the best version of myself.



2. Based on your ratings, which one or two areas of emotion regulation would you like to work on?

Area 1: \_\_\_\_\_ Area 2: \_\_\_\_\_

3. Imagine what will be different after you've enhanced these areas of regulation. How will you feel? What do you imagine others will see? How will you have benefited from cultivating this strategy? Be detailed.

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4. What specific things will you do to strengthen these areas? Remember to frame these as approach and mastery goals. Who might support you? Who might help you stay accountable?

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5. What obstacles will you face in implementing this strategy? What's your if-then plan when things get in the way of you achieving your emotion regulation goals?

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Downloadable PDF copies of this worksheet are available at [marcbrackett.com](http://marcbrackett.com).



# Resources

Marc's website: [marcbrackett.com](http://marcbrackett.com)

Follow Marc on Instagram (@marcbrackett), X (@marc.brackett), Facebook (@drmrcbrackett), and LinkedIn.

*Dealing with Feeling* podcast on Spotify, Apple, and YouTube (@MarcBrackett): [youtube.com/watch?v=YJPb\\_SFCplo](https://youtube.com/watch?v=YJPb_SFCplo)

How We Feel app: [howwefeel.org](http://howwefeel.org)

Yale Center for Emotional Intelligence: [ycei.org](http://ycei.org)

RULER approach to cultivating emotional intelligence in schools: [rulerapproach.org](http://rulerapproach.org)

## MENTAL HEALTH RESOURCES

The Mental Health Coalition: [thementalhealthcoalition.org](http://thementalhealthcoalition.org)

Mental Health First Aid: [mentalhealthfirstaid.org/mental-health-resources](http://mentalhealthfirstaid.org/mental-health-resources)

National Alliance on Mental Illness: [nami.org](http://nami.org)