Name _____

Exploring the Maze of Emotions

Short Answer

1. How can journaling help you understand your emotions? Provide an example.

2. Explain how self-compassion plays a role in understanding and managing emotions.

3. Give an example of how talking to someone you trust can help you gain insight into your feelings.

4. What is the purpose of using emotion wheels to understand your emotions?

5. How can reading and learning about emotional intelligence benefit your understanding of emotions?

© ReadingDuck.com