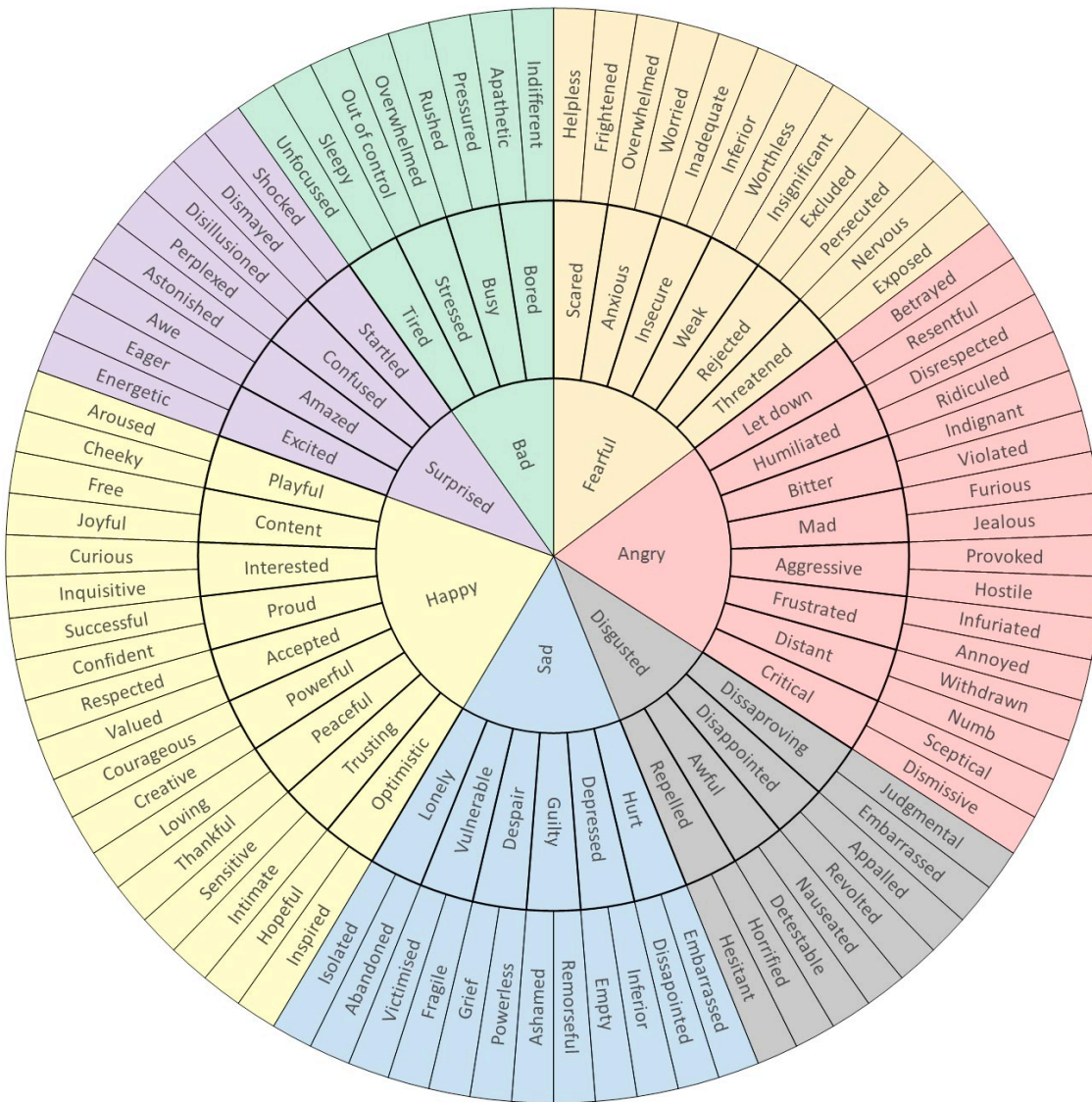


## The Emotion Vocab Wheel



Unlabeled emotions often go misunderstood, which leads to irrational choices and counterproductive actions. People with high EQs (like IQs but for Emotional Intelligence) master their emotions because they understand them. They do so by expanding their emotional vocabulary. For example, while many people might describe themselves as simply feeling "bad," emotionally intelligent people can pinpoint whether they feel "irritable," "frustrated," "anxious." The more specific your word choice, the better insight you have into exactly how you are feeling, what caused it, and what you should do about it.

Being specific actually helps to put your mind at ease because your subconscious values being understood --- even if it is self-awareness. Being specific also enables you to pinpoint the issue and helps others understand what's going on in your head. Communication is a major aspect of emotional intelligence, but you can't communicate something if you don't know how to identify it. The next time you feel a certain way, try to come with the most accurate word that describes it using the Emotional Vocabulary Wheel.