Jobs Different Feelings Are BAD At

Are your emotions doing the wrong jobs?

SAD • Avoidance of necessary actions • Hard to move fast • Can wear down if last too long	MAD • Extreme impulsivity • Bad at long term planning • Can cause revenge obsessions
PEACEFUL • May be used to manipulate • Stifle motivation • Ignore unhealthy risk	SCARED SCARED MILLING SCARED SCARED SCARED MILLING SCARED SCAR
POWERFUL	JOYFUL
Contempt for others	Can drive addiction
 Hubris-stupid risk taking 	Not notice manipulation
 False sense of security 	Avoidance of boring necessary actions
From <u>Feelings Wheel 2.0.</u> More info found at www.TheFeelingsWheel.com.	

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