

Jobs Different Kinds of Feelings Are Good At

Are your emotions doing their jobs?

SAD

- Adjust to loss or negative change
- Make us aware of problematic situations
- Slow down

MAD

- Defend your rights
- Notice Frustration
- Take action to be safe

PEACEFUL

- Relax
- Feel Safe
- Be comfortable in relationships



SCARED

- Escape danger
- Avoid danger
- Not being too trusting

POWERFUL

- Help us know we can make a choice
- Hope that things can improve
- Improve self worth

JOYFUL

- Move toward good things
- Reward
- Recreation

From Feelings Wheel 2.0. More info found at www.TheFeelingsWheel.com.