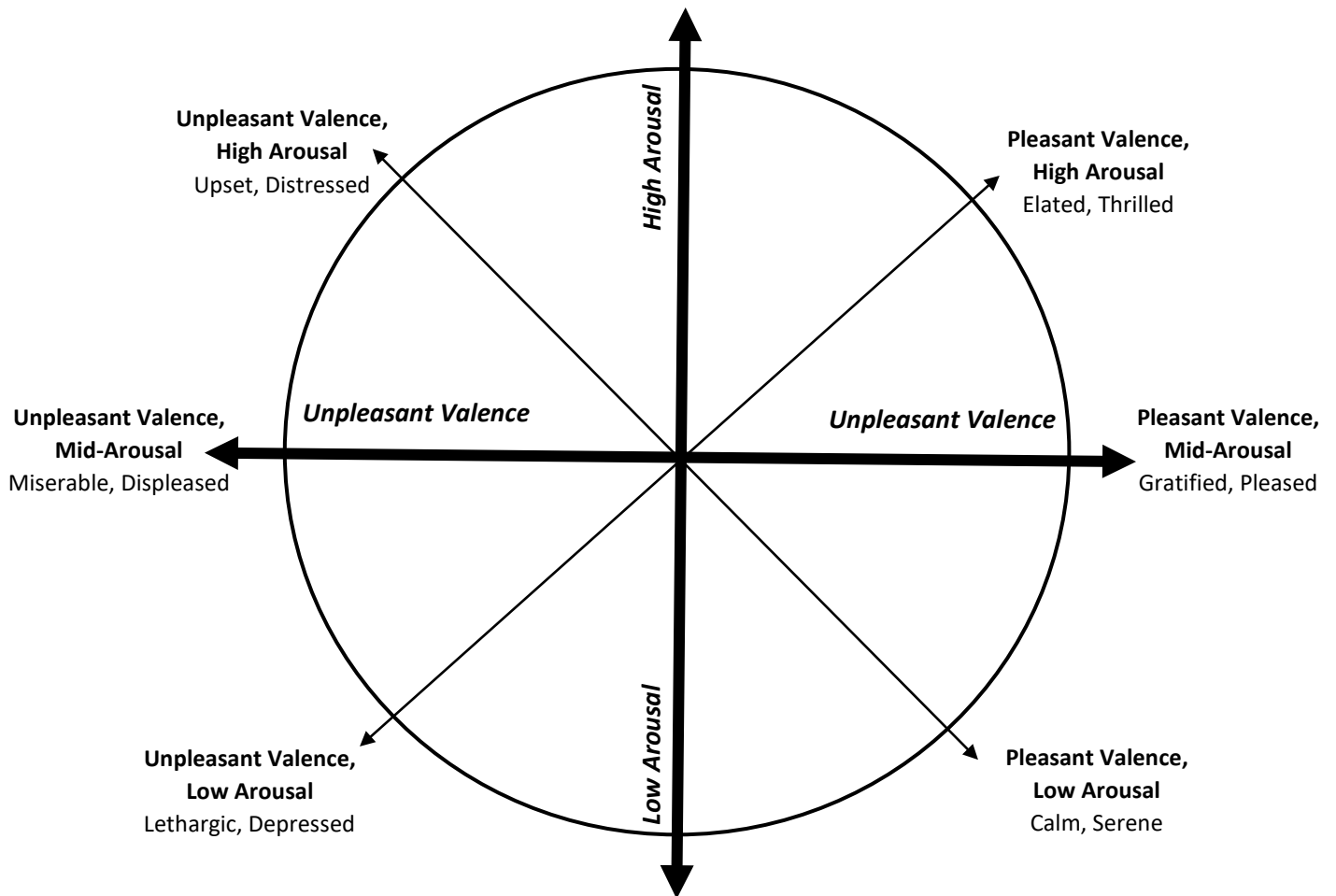




Emotional Competence: The Affective Circumplex and Your Emotions

When you were experiencing your conflict, pinpoint where you think you were on the valence and arousal spectrum on the Affective Circumplex below. Then, using the Emotional Wheel, choose 3-5 emotions that describe how you felt *that you didn't already use in your initial description*.



Emotion Words
