



If you find it challenging to identify your emotions, you're not alone. And all of us can probably become more precise in identifying what we feel. There is no one way to "map" emotions and how they relate to each other, but the Feelings Wheel, developed by Dr. Gloria Willcox, illustrates the wealth of emotions available to us.

Excerpted from the Peaceful Parent, Happy Kids Workbook by Dr. Laura Markham, AhaParenting.com

