

### Name what you are actually feeling:

Start with the inside of the circle chart from the basic feeling. Work your way out to gain clarity about what you are feeling. Move further and further out to describe more specifically what you are feeling. We may need to name more than one feeling. We are complex beings and sometimes more than one feeling can rise in us.

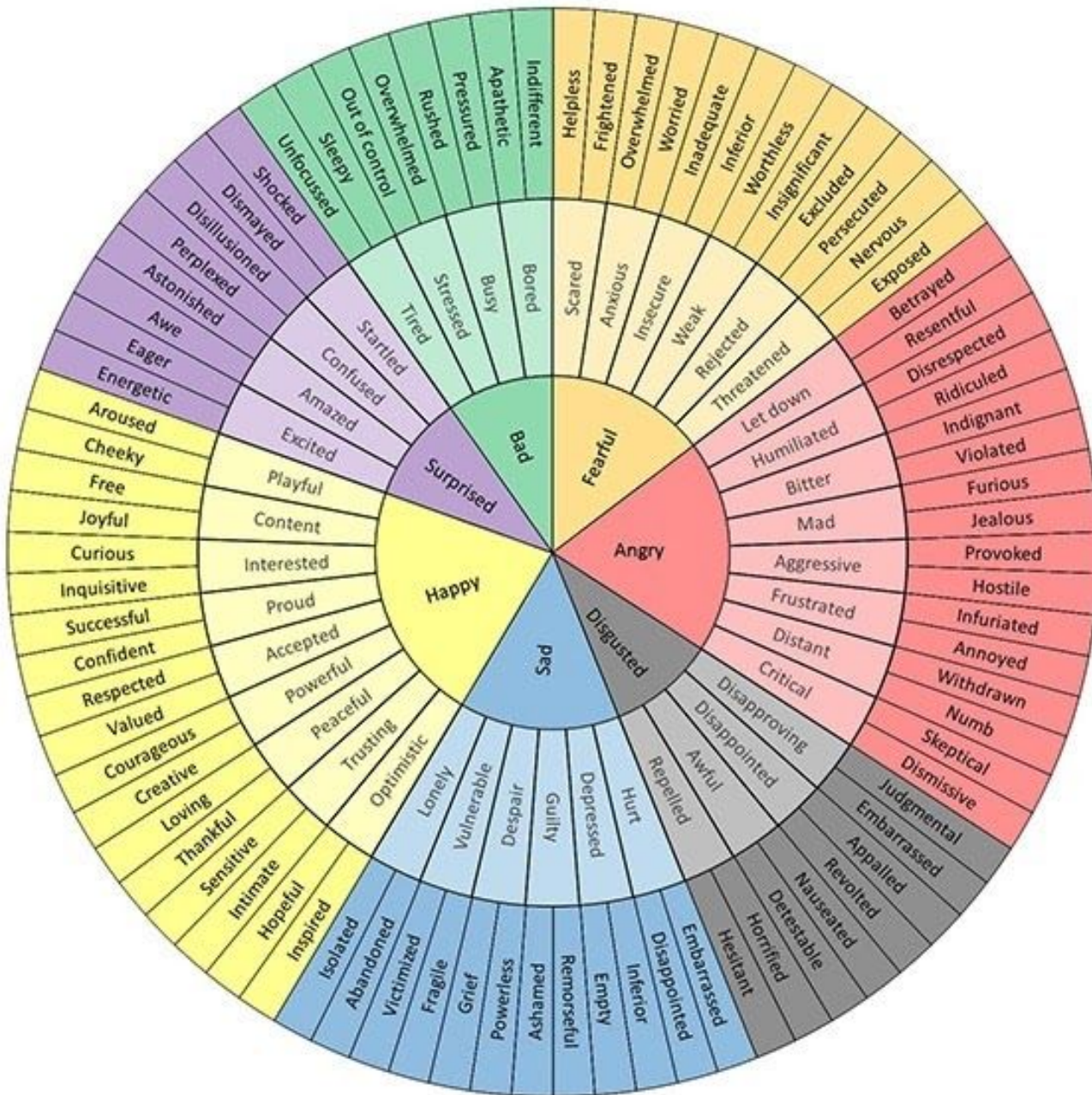


Image adapted from Plutchik's Wheel of Emotions

### Bring this feeling to God:

Once you have named that feeling, go underneath the feeling, lift it in prayer to God naming why this feeling has risen in you. Do not assume that even you understand why. Ask God to reveal to you why this feeling has come to you. Spend time with God journaling or in quiet contemplative prayer.