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Determining what emotion you are feeling

Start by choosing one of the 7 core emotions (centre). Sit with it for a bit and continue moving outwards to try and determine which word best aligns with what you are feeling at the moment. Determining the emotion you are experiencing will allow you to determine what is that you need at the moment. For example, if you feel lonely you will need connection, if you feel insecure, you will need reassurance, etc.

