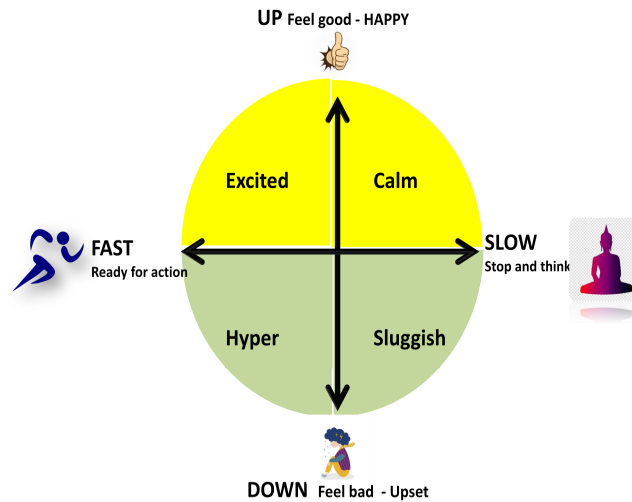


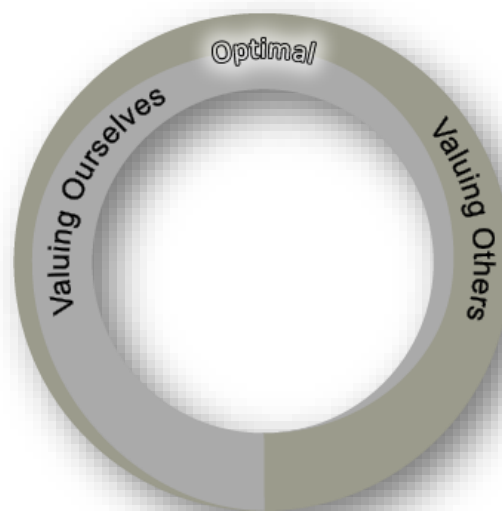
The Ring of Emotions Framework

Our mood or affect can be summarised as *a state of pleasure, with some degree of arousal*. These two dimensions create the quadrants below. The pleasure dimension ranges from up/pleasant to down/aversive. Arousal ranges from fast, as after exercise, to slow, when we're fatigued or resting.



This structure gives us some insight into our emotional state. We need to dig deeper and analyse specific emotions so we can better understand ourselves. We need a cognitive framework to help us.

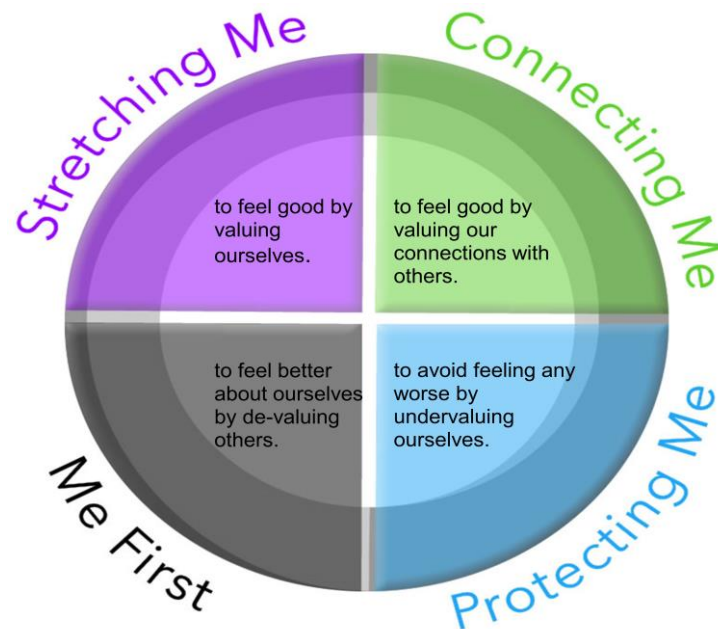
The 'Ring of Emotions' graphic organiser has been designed as a tool for self-reflection and emotional coaching. It's a holistic *frame of reference* that lets us differentiate individual emotions. We need to understand our emotional experiences through interpreting individual emotions, but this is best done with reference to the whole spectrum of emotions. Every emotion has a purpose and the ring organises emotions by their purpose. Our two fundamental motivating *purposes* are Valuing our self and *Valuing others*, life's great balancing act. The model represents these as spirals working in partnership to form a ring.



Self-reflection & Emotion Coaching Tools

Each spiral begins at the bottom of the ring and grows to a dominating excess at the other end. These extremes are out of balance and this leads to *challenging* emotions. 40 Emotions are placed around the ring according to their purpose.

The ring is divided into quadrants that overlay the quadrants we saw earlier, each one containing emotions with a distinct shared purpose.



The ring gives us an objective framework to consider how we're currently feeling. Within the balanced top half, there are *20 uplifting emotions or ways to feel good*. The bottom half charts an increasing imbalance, where one purpose is taken too far, resulting in *20 challenging emotions or ways to feel bad*. This organising structure enables us to consider our emotions in a way that makes their purpose more visible.

We can see emotions which are similar to and different from other emotions. We can think about our emotions in the round, as combinations of uplift and challenge rather than opposites.

To help us make further sense of the purposes of emotions, each quadrant is sub-divided into *zones*. The zones help us to see the connections between similar emotions, and the distinctions between the uplifting zones and the challenging zones. See Chart 6a and table 6b.

By pairing up mirror-opposite zones we form eight dimensions. These dimensions create a heuristic to map our feelings. We can plot our current emotional experience, attributing ourselves more or less of each zone. See Chart 5, Wellbeing Compass.

We acquire a special value if the uplifting side in a pair is stronger than the challenging side. These special values are the *nutrients of emotional wellbeing*. See Chart 7a and table 7b.

Being able to address negative emotions and savour positive emotions is an important part of your toolkit. For a detailed look at how we can do this checkout our [Tips for Managing Emotions](#) page.

Finally an overview of the spirals, quadrants, zones and individual emotions is presented. See Chart 8

Optional Starter Activity - PERSONAL emotion RING

1 If you had only one emotion, which emotion would you chose? Why?

2 If you could have your own personal set of emotions that you could feel, and that is all you would feel, which emotions would be in your selection? Write each emotion in a separate post it. Why did you choose these emotions? What would they do for you? Add their purpose to the post it.

3 Organise your post its of emotions & purposes into some kind of framework.

1 List on separate post its all the emotions you know, understand and experience

2 Put the post its into two groups -

- **an uplifting group** - those that feel positive, nourishing, energising, pleasant, comfortable
- **a challenging group** - those that feel negative, unpleasant, uncomfortable, draining, challenging, agitating.

3 Divide the uplifting group into those emotions that are about

- **stretching** and valuing yourself
- **connecting** with and valuing others.

4 Divide the challenging group into those emotions that are about

- putting yourself first, over-valuing yourself in a selfish way, to restore feeling good about yourself
- worrying about how others see you, over-valuing others, putting yourself down/protecting yourself.

6 Transfer your labels from the post it notes to the blank ring, (chart 1) placing your emotions in the appropriate quadrant

7A Think about experiences you've had where you felt really good. List all the emotions you felt in as much detail as possible. Add any new emotions, placing them appropriately within the ring.

7B How did you express what you were feeling?

8A Think about experiences you have had where you felt really bad. List all the emotions you felt in as much detail as possible. Add any new emotions, placing them appropriately within the ring.

8B How did you express what you were feeling?

9 Refer to the *Emotion Ring* (chart 2). Tick off the emotions you know and understand. Select any that aren't in your personal Emotions chart, but you would like to add. Add them now.

Structure for Discussion

The recommended sequence to use the Ring model as a structure for discussion is to use the Mood Quadrants, (See Chart 3), then the Attitudes Wheel (Chart 4) before using the Wellbeing Compass (Chart 5). If appropriate, go on to explore the emotions involved in the zones (Chart 6), and then use this as the basis for examining the nutrients of emotional wellbeing, (Chart 7).

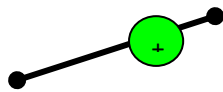
Reflection exercise

Think of a specific context or relationship you want to reflect on.

Locate where you are on each dimension by placing a dot on each line in the particular chart.



Place a dot where you would ideally like to be, indicating with a + sign.



Add an arrowhead to each dot to show the direction you're moving in.



What's happening to place you where you are?

Are there any specific attitude/emotions pulling you down? What's their source?

What attitudes/emotions are lifting you up? What's their source?

What are the uplifting and challenging attitudes/emotions you feel most often?

What attitudes/emotions are missing from your life?

What emotions frighten you the most?

Write down the most important goals you want to achieve and list alongside them the emotions resulting from achieving these goals. This will show you the emotions you value.

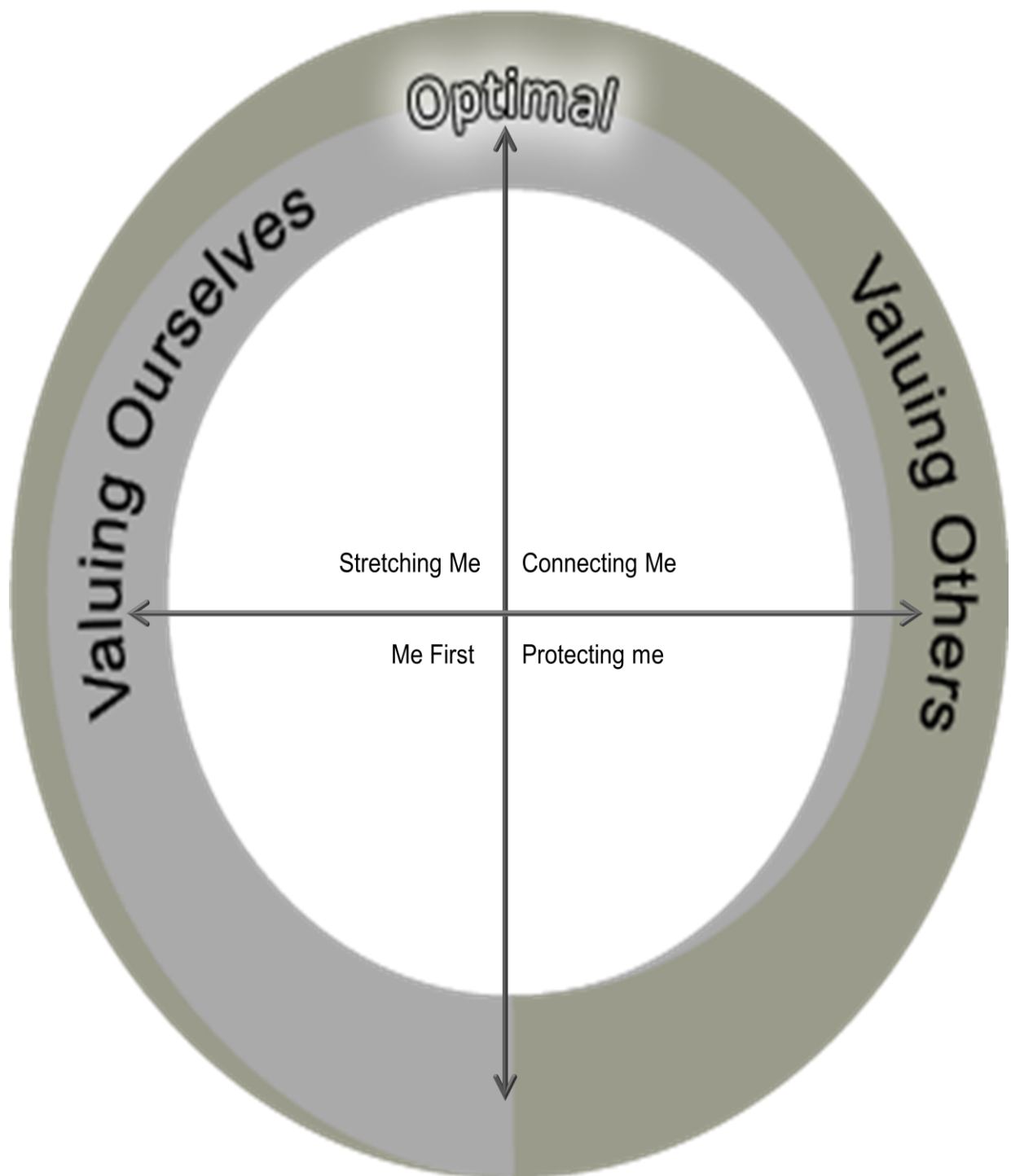
What would you need to achieve them?

How well are you achieving the well-being nutrients? Is your balance weighted on the side of wellbeing?

Is either of the motivating purposes (valuing self/valuing others) pulling you too far left or right and out of balance in terms of over-valuing yourself or putting yourself down?

To help you explore what's going on with your feelings, you can use the framework you find most helpful to record daily the emotions you have experienced and what you've been doing.

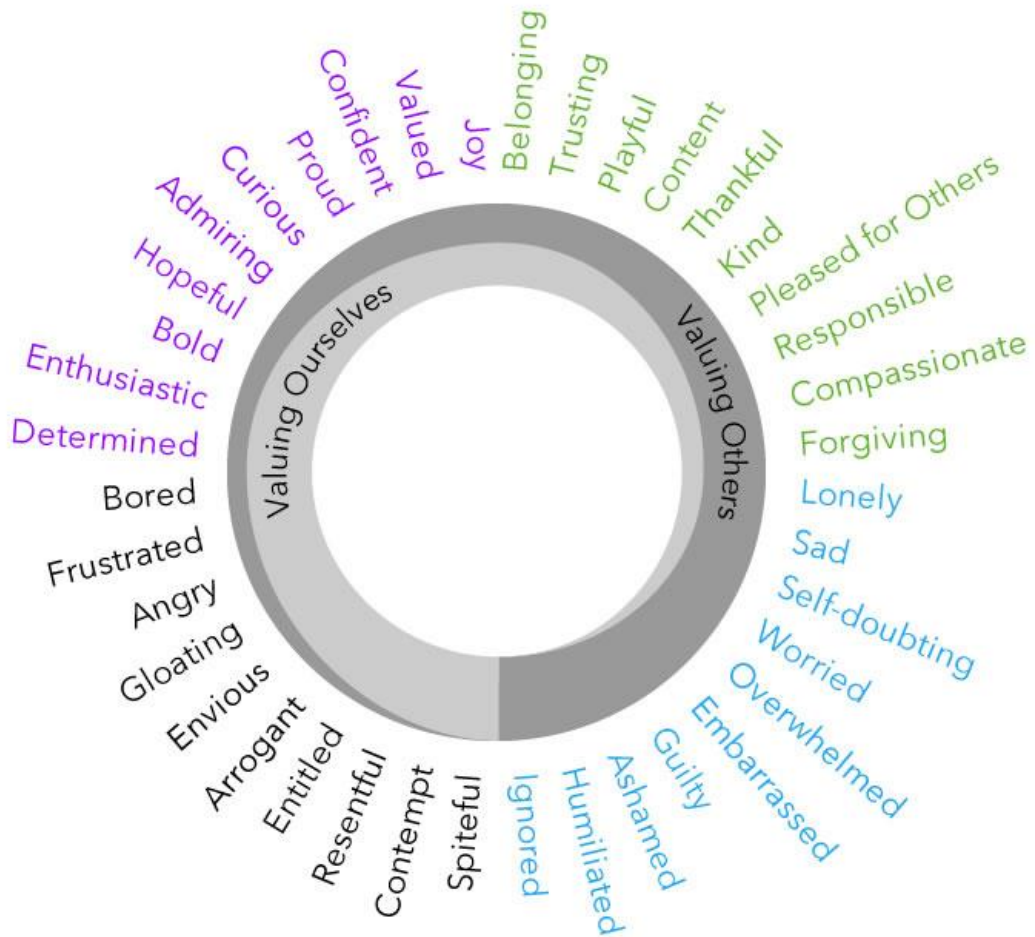
1 Blank Ring



2 Ring of Emotions

Stretching Me

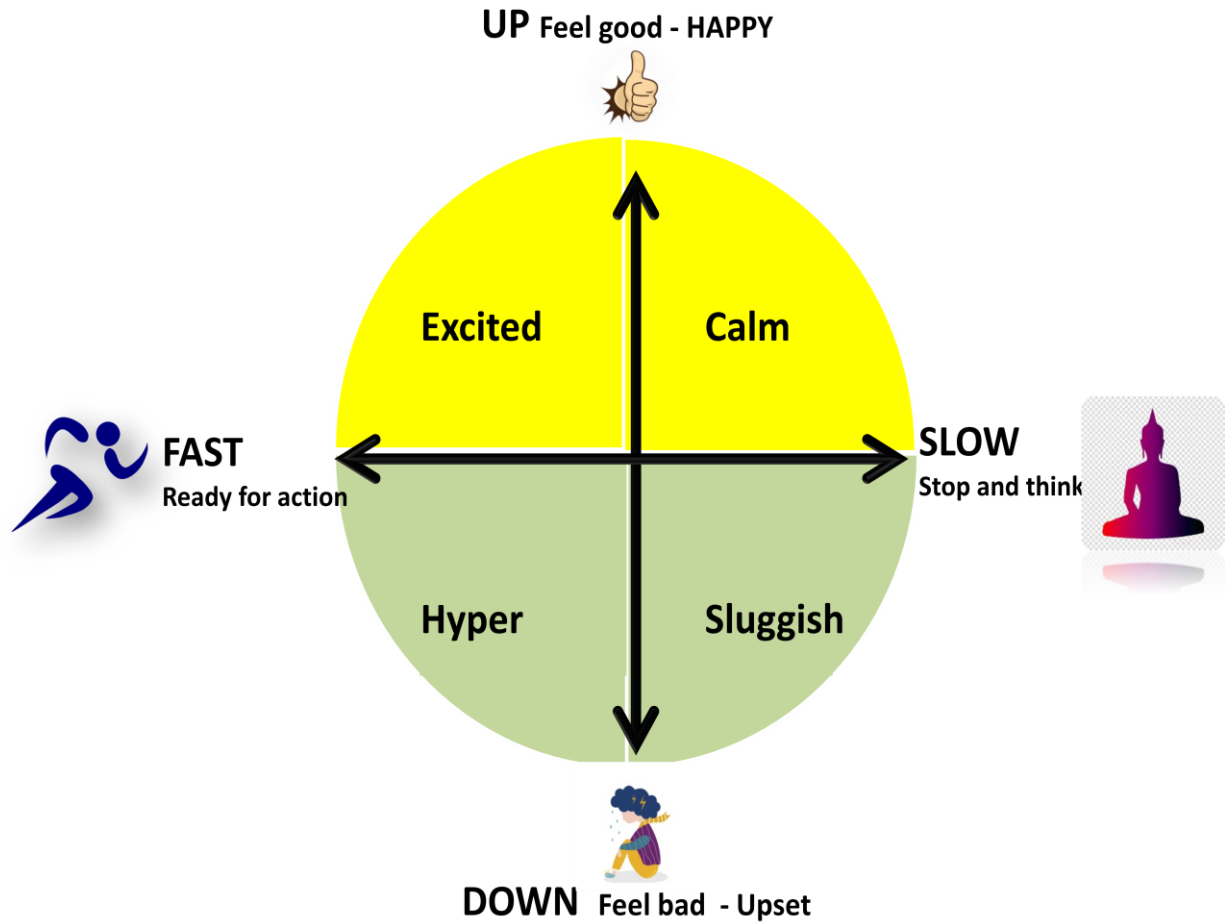
Connecting Me



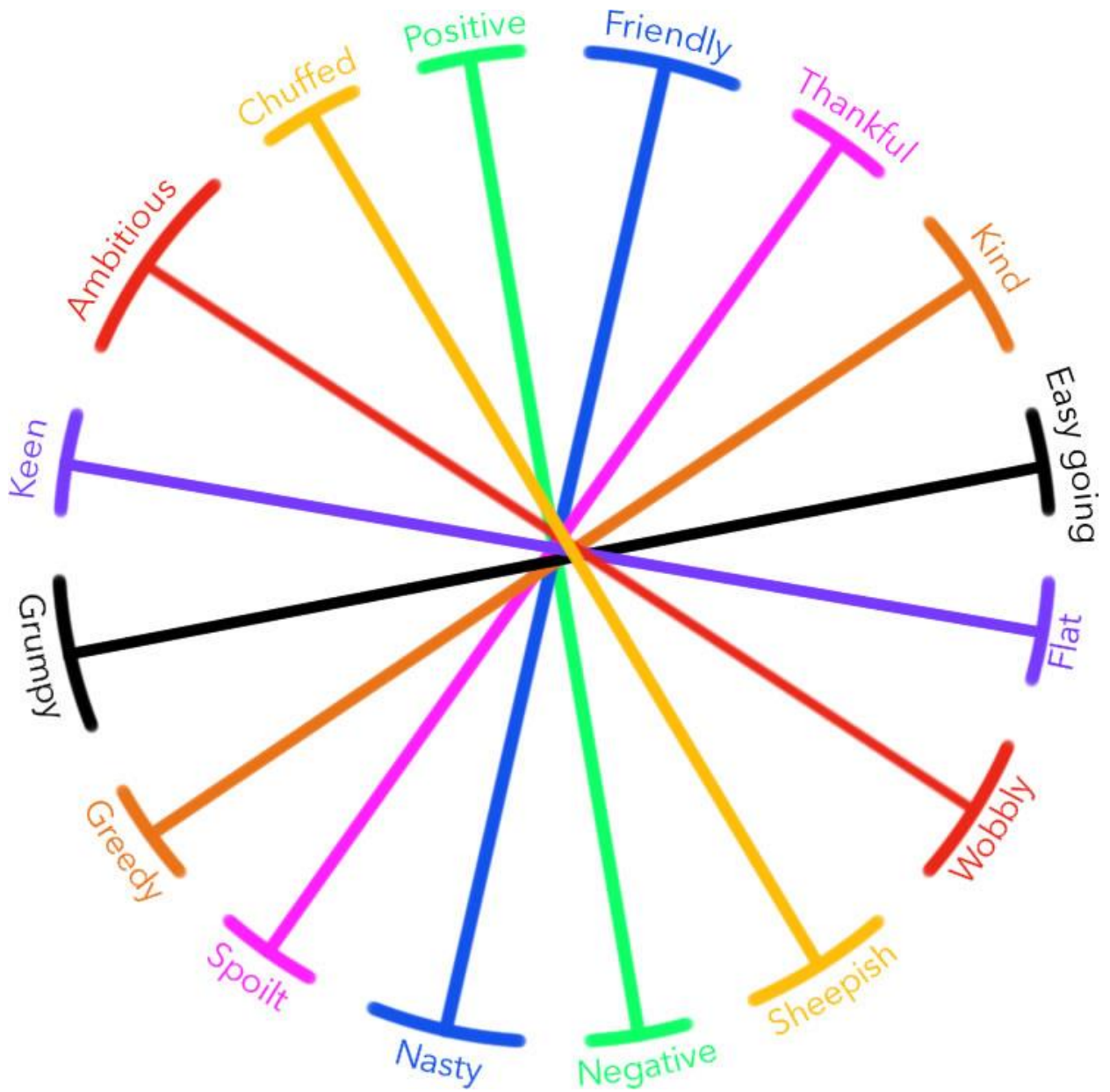
Me First

Protecting Me

3 Mood Quadrants



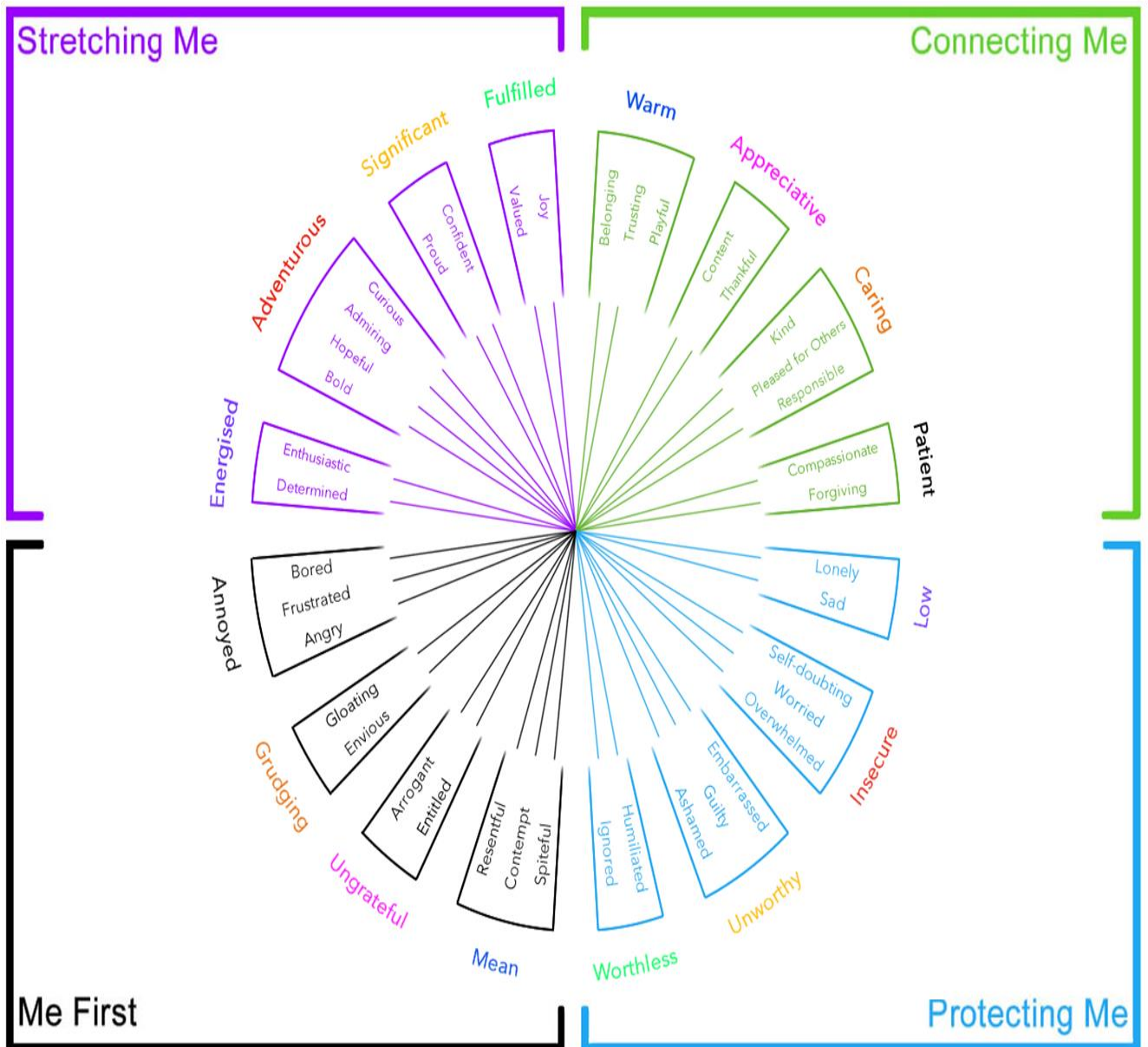
4 Attitudes Compass



5 Wellbeing Wheel



6a The Emotion Zones



6b The Emotion Zones

Stretching Me Emotions

Fulfilled

- *exhilaration, valued.*

I feel uplifted and on a high. I'm doing what I do well and what matters to me. People appreciate what I'm doing. I am creative and try out things. I look out for more chances to feel this way.

Significant

- *pride, confidence*

I know my worth. I push to stretch myself and enjoy taking on new challenges. Other people rate me. I feel I have a lot to give. I'm making progress in my goals and enjoying success and prestige. I feel pleased with myself, believing my success is largely down to me.

Adventurous

- *curiosity, admiration, hope, courage*

I feel able to handle new things I'm not sure about. I get over my fears and face up to things I've never done before, and even danger. I have people I look up to who inspire me. I want to explore and find out as much as I can. I am discovering new capabilities I never knew I had.

Energised

- *enthusiasm, determination*

I have clear steps to take to make my important goals happen. I decide to do things without waiting to be asked. I know what it will take to achieve my goals and I try my best. I'm excited and aim as high as I can. I stick at it and overcome things that get in my way. I can sort my tasks in order of their importance.

Connecting Me Emotions

Warm

- ✚ *belonging, trust, camaraderie*

I feel included and believe others will treat me well. This makes me feel safe and relaxed. I feel comfortable with others and have fun with them. I get on well with people and look out for them. I'm not worried about getting things wrong or being judged, because I don't take myself too seriously. I don't need to get my own way.

Appreciative

- ✚ *contentment, gratitude*

I make the most of what I have and feel grateful for everything. I enjoy being part of something bigger than myself. I feel relaxed, all is well. I am secure in myself and peaceful. I don't take people for granted and appreciate them.

Caring

- ✚ *kindness, pleased for others, responsible.*

I feel good about myself and I feel good about others. I don't feel more important than anyone else, or less important. I pay as much attention to what others want as I pay to what I want. I make sure I help others and share what I can. I like to join others in celebrating when they do well. I pay attention to how I affect other people.

Patient

- ✚ *compassion, forgiveness*

I know we all make mistakes and I've learned to get on with people, even those who have annoyed me. I'm patient with people who can be difficult to get on with, even when they get annoyed with me. I also look out for people who are upset, and do what I can to make them feel better.

Me first Emotions

Annoyed; I get impatient and feel blocked from doing what I want to do. I need to do something about it. Or something that's happening feels unfair. I'm determined to make sure I'm treated fairly and hold on to what's mine. I can become rude when I try to sort things out.

- *Bored, Frustrated, Angry.*

Grudging; I'm not happy that others are doing better than me, or have more than me. My pride is hurt. I think I'm just as good as them, and I should have what they have. I'm pleased when something bad happens to others; it lets me feel better about myself. I want to get what they have or be like them.

- *Envious, Schadenfreude*

Ungrateful; I feel more important than others and have more than most. I expect to be treated as special because of what I can do, and because of who I am. I show off and make sure everybody knows how proud I am of who I am. I claim all the fame for any success. Rules don't apply to me. I get angry when I don't get my own way. I take for granted what other people do for me.

- *Arrogant, Over-entitled.*

Mean; People are mean to me and I'm mean to them. I feel I don't get what I deserve. I'm forced to put up with things I don't want. I'm just as good if not better than others. I hold on to grudges, rather than saying what the problem is. 'If I can't get my way, nobody is going to enjoy this'. I look down on some people, to 'big up' myself. I harm people who have upset me to get my own back, and I don't care if it's bad for me as well.

- *Resentment, Contemptuous, Spiteful.*

Protecting Me Emotions

Low; Things aren't going well for me. I've lost any sense of purpose. I feel cut off from others; I think no-one else is like me, or nobody is there for me. I have no-one to share things with. I don't enjoy things as I did before. I have no choice but to get used to my life as it is.

- *Lonely, Sad.*

Insecure; I feel unsure of myself and worry I'm not capable enough. Everything feels too much. I'm stressed and distracted and think I can't cope. I feel things are out of control, something bad might happen. I feel stuck and expect the worst. I feel it's all my fault. I feel like giving up, so I need to do something to help me feel in control. I look for help and try to work out how I can mend things.

- *Self-doubt, Worried/afraid, Overwhelmed.*

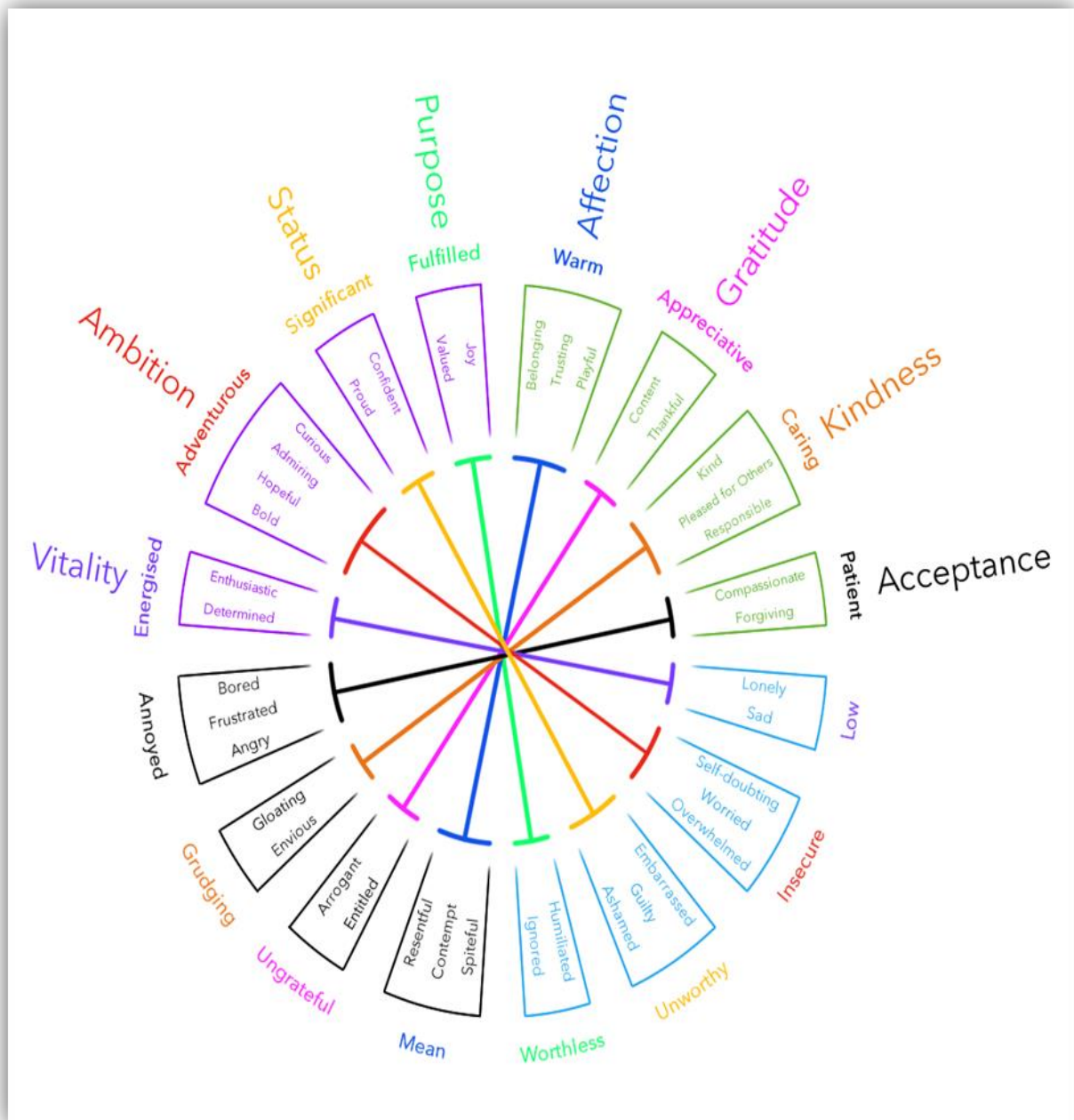
Unworthy; I feel bad about *what I've done*, or about *who I am*. Other people judge me as 'bad'. I want to get the attention off me by hiding or escaping. I'm worried I let people down. I want to make up to them and show that I'm sorry and know that I need to change, I didn't mean it and I know I need to improve.

- *Embarrassment, Guilt, Shame.*

Worthless; I'm not being the kind of person I want to be. People put me down and poke fun at me. I put myself down. I feel ignored and less important than everyone else. I'm not listened to. I hide and keep to myself, taking part as little as possible so I don't make things even worse.

- *Ignored, Humiliated*

7a The Nutrients of Wellbeing



7b Nutrients Of Wellbeing

High	Emotional Wellbeing Ingredients	Low
Fulfilled	<p>Purpose</p> <p>The sense of achieving what matters to us, doing what we love and being the kind of person we want to be. People respect or even look up to us. It makes us creative.</p>	Worthless
Significant	<p>Status</p> <p>The honour of having our worth and ability recognised by others. It encourages us to do more.</p>	Unworthy
Adventurous	<p>Ambition</p> <p>The drive that comes from trust in ourselves and others and belief that we can make a difference to things worth working for.</p>	Insecure
Energised	<p>Vitality</p> <p>The energy that comes from our sense of purpose and powers us to achieve our goals. It gives us clarity about what we want to achieve.</p>	Low
Warm	<p>Affection</p> <p>The feeling of being close and comfortable with people. We feel attached to each other and safe to be our real self.</p>	Mean
Caring	<p>Gratitude</p> <p>The appreciation of our good fortune and the kindness of others.</p>	Grudging
Appreciative	<p>Kindness</p> <p>The feeling of goodwill towards others and lending them our strength, doing things for others and giving without wanting anything back.</p>	Ungrateful
Patient	<p>Acceptance</p> <p>The patience and humility that lets us accept others and things as they are. It stops us judging or blaming others or losing our temper.</p>	Annoyed

8 Overview

