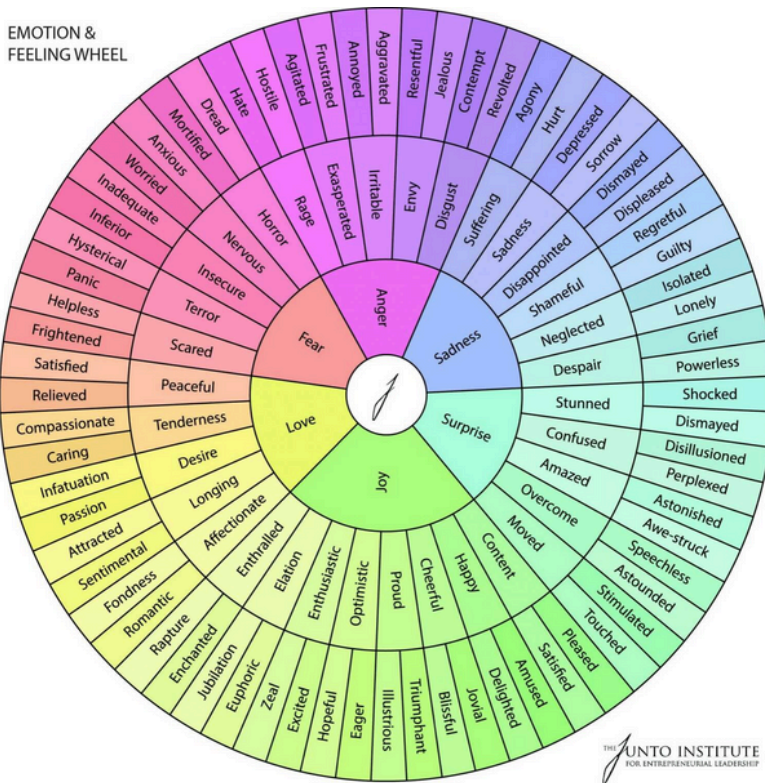


Understanding Emotional Boundaries



Aim for emotional boundaries that maintain a healthy balance. Boundaries that are too porous can lead to codependency and enabling, while those that are too rigid may cause detachment and a lack of empathy. A well-balanced approach respects personal space and emotional connections, fostering empathy and allowing for supportive relationships without crossing into manipulation or emotional isolation. Consistency in setting these boundaries ensures that interactions remain both nurturing and respectful.

The Feelings Wheel by Dr. Gloria Willcox



The Naming Emotions Wheel is a tool that helps us identify and articulate our emotions more precisely. The wheel breaks down core emotions like joy, sadness, anger, and fear into specific feelings, allowing us to move beyond vague terms.

To use it, start by locating the general emotion you're experiencing, then explore the detailed feelings around it to pinpoint your exact emotion. This clarity can guide how you address or communicate your feelings.

Be a Better Listener



Half of communication



Active Listening



Reflective Listening