The Scientific Revolution was a period of history when notable advances were made in science and astronomy. Explore the period and what made it so impactful.

There are two ways to use the wheel, either as a two-dimensional circle or a three-dimensional ellipse. Utilizing it as a two-dimensional circle lets the individual dive into the emotion wheel. This then helps them discover what primary emotions they are feeling, as well as how emotions combine to create secondary emotions like awe, fear, envy, etc. 

Utilizing it as a three-dimensional ellipse lets the individual really experience the emotion, which can be helpful for understanding the depth and breadth of their emotional experience. 

After using the emotion wheel, the individual can take the emotion assessment and get a score on each emotion. This can help them identify which emotions they are experiencing the most and least, and how they might be affected by their emotions.

The emotion wheel is a powerful tool for understanding and managing emotions. It can be used in therapy sessions, self-help books, and even in the classroom to teach students about emotions and their impact on behavior.

Study Guide And Intervention Ellipse Key

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