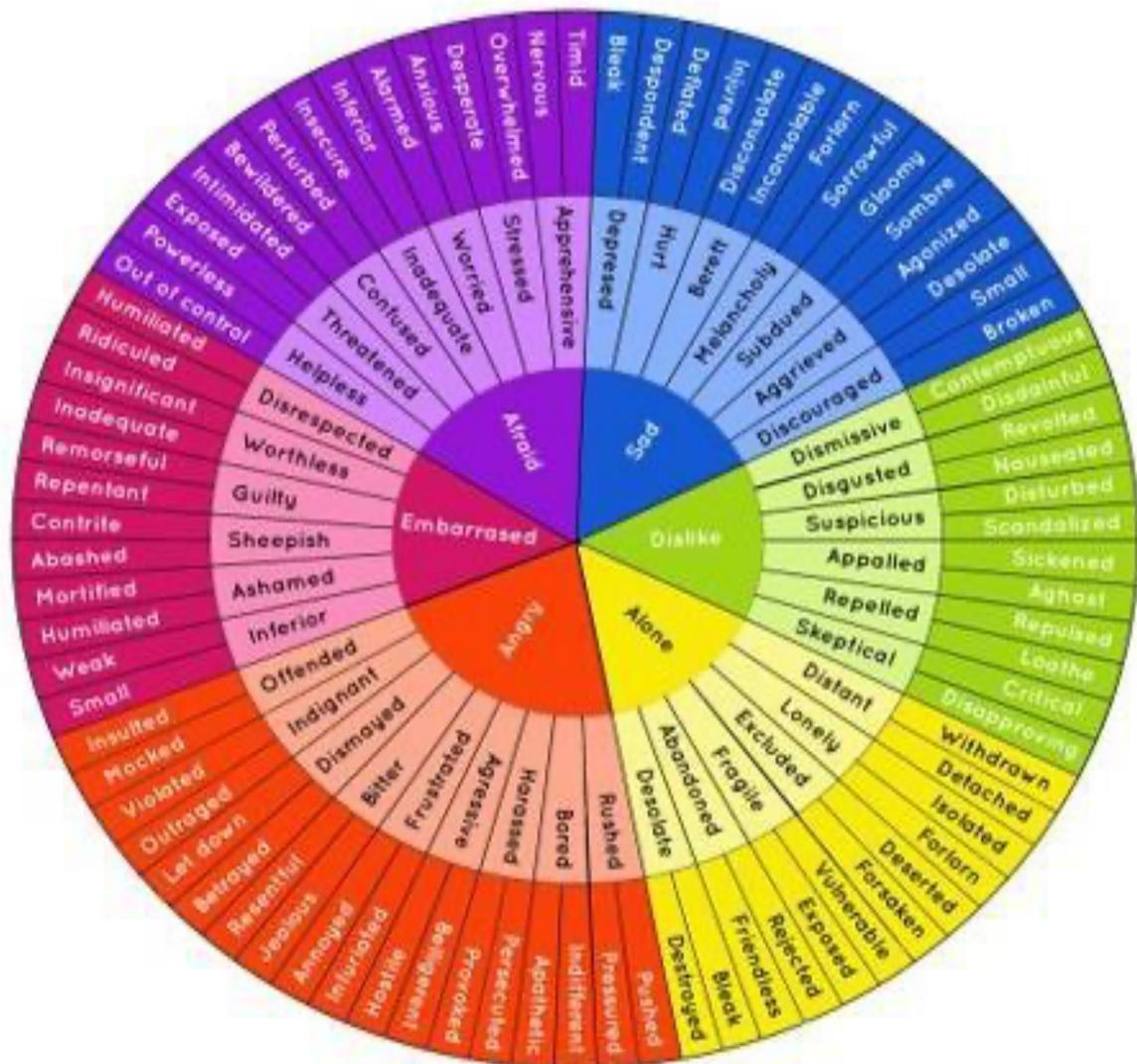


Three Steps toward Mastering Emotional Granularity

1. **Label** the emotion(s) as specifically as you can (see Wheel of Emotions, below)
2. **Complete this sentence** in your head: **“I feel [specific emotion] because [specific reason].”**
3. **Bonus step: Rate the intensity** of that emotion on a scale of 1-10, with ten being the most intense or overwhelming and one being the least.

Wheel of Emotions



The three-step process is based on excerpts from the forthcoming book to be published by West Academic, "Happiness and Peak Performance in the Law" (working title), authored by Jarrett Green and Rebecca Simon Green. This printable well-being tool was created for the December 2022 edition of The Alert, an online publication by The Institute for Well-Being in the Law.