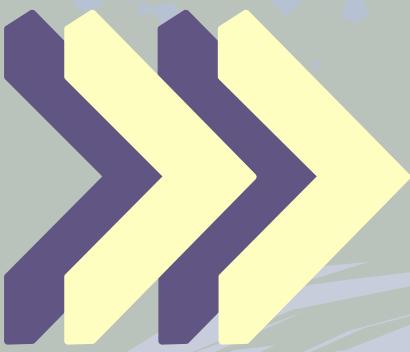


NAMING EMOTIONS

SWIPE RIGHT TO
LEARN MORE!



Naming an **EMOTION** may allow you to take **POWER** back and recognize it **NONJUDGMENTALLY**. Using a **FEELINGS WHEEL** can help in reflecting on which **EMOTION** you are experiencing (feel free to add any emotions to the wheel!).

Approaching a **CONVERSATION** about emotions from a place of self-reflection while intending to foster understanding allows for a healthy conversation.

YOU MAY CHOOSE TO:

- Speak from experience by using “I” statements
- Practice **ACTIVE LISTENING**
- Exhibit your **ENGAGEMENT** through your body language, tone of voice, and facial expressions.

**LET THIS SERVE AS A
REMINDER THAT YOUR
EMOTIONS ARE VALID AND
IMPORTANT!**

We invite you to practice these skills and let us know what your experience is.

SAVE's Community Education team is dedicated to fostering **HEALTHY RELATIONSHIPS** among community members. We offer **PRESENTATIONS**, **YOUTH SUPPORT GROUPS**, and **ART EMPOWERMENT WORKSHOPS** on emotions and other topics related to healthy relationship skills and violence prevention.

Visit our website,
<https://communityed.save-dv.org/>, and complete the [Request Our Services Form](#) to learn more about how we can best support your community!