

10 Ways to Get In Touch With Your Emotions

To get in touch with your emotions, you need to find ways to notice what your mind and body are feeling, as well as explore underlying emotions. Here are 10 ways to start:

1



Pay attention to your body

2



Meditate

3



Avoid escapism

4



Journal

5

Simplified Emotional Color Wheel



Use emotional colors

6



Learn the 8 primary emotions

7



Notice your triggers

8



Go one level deeper

9



Depersonalize your emotions

10



Talk to someone