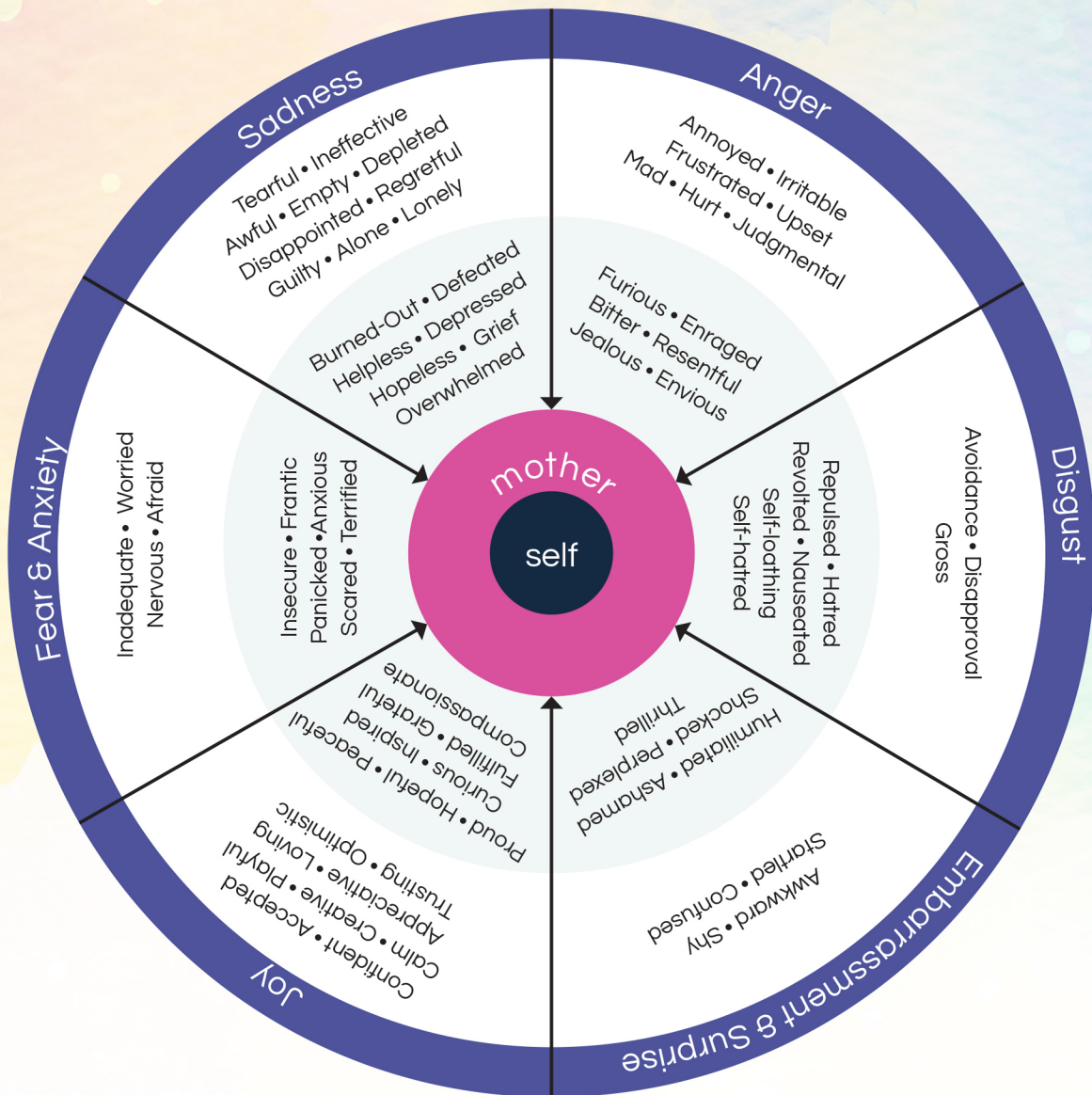
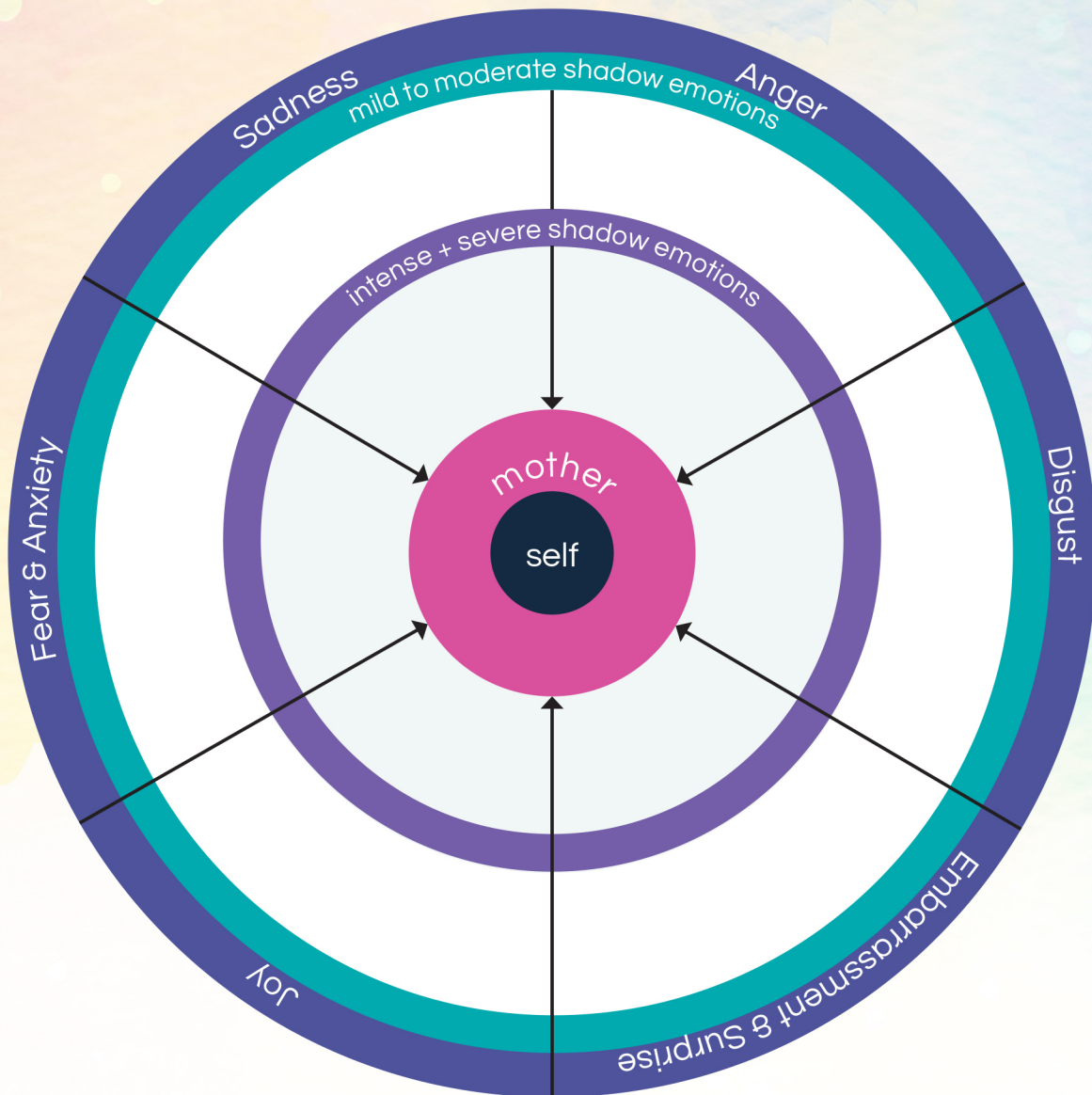


mothermood wheel of emotions



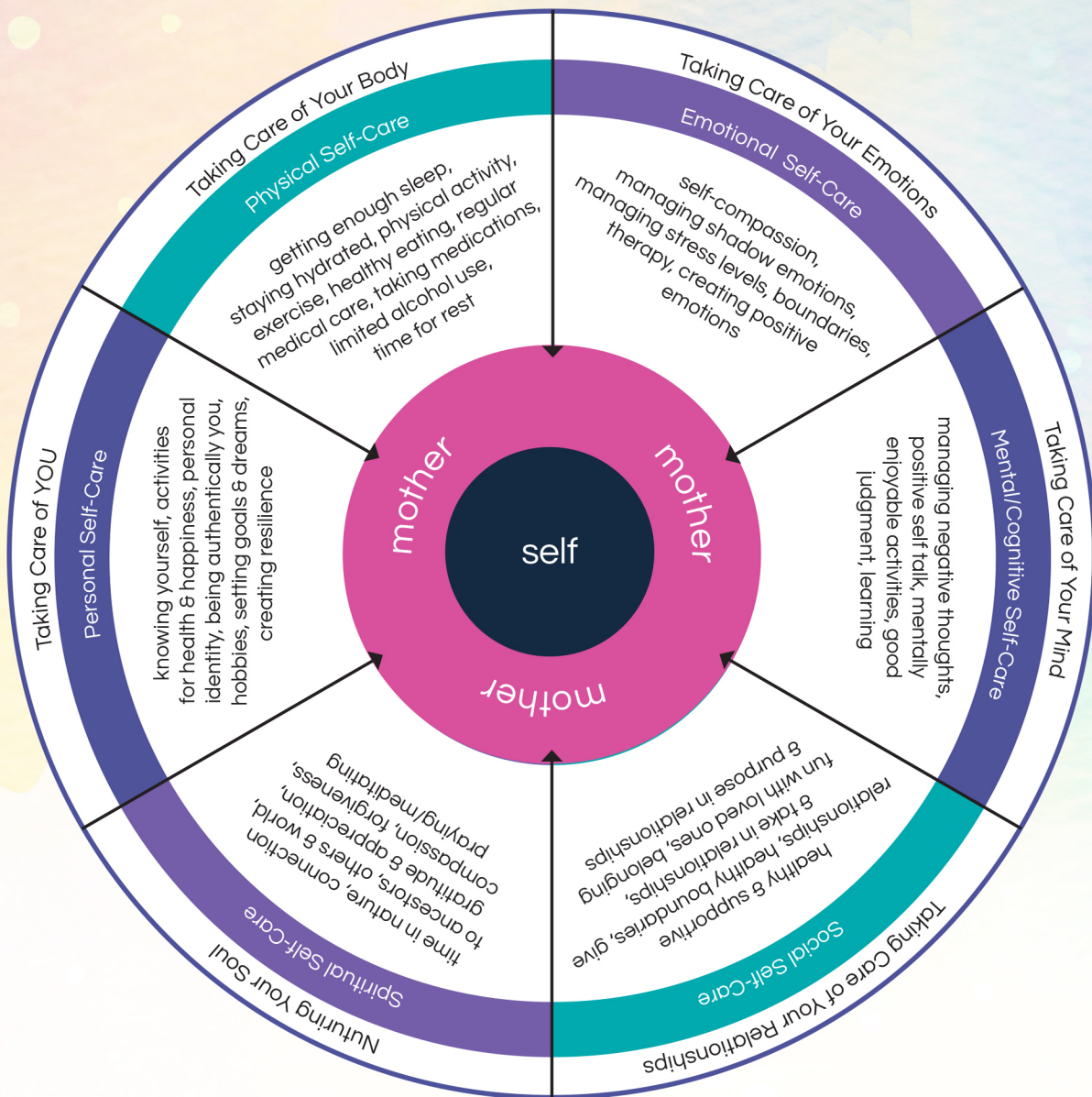
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mothermood wheel of emotions



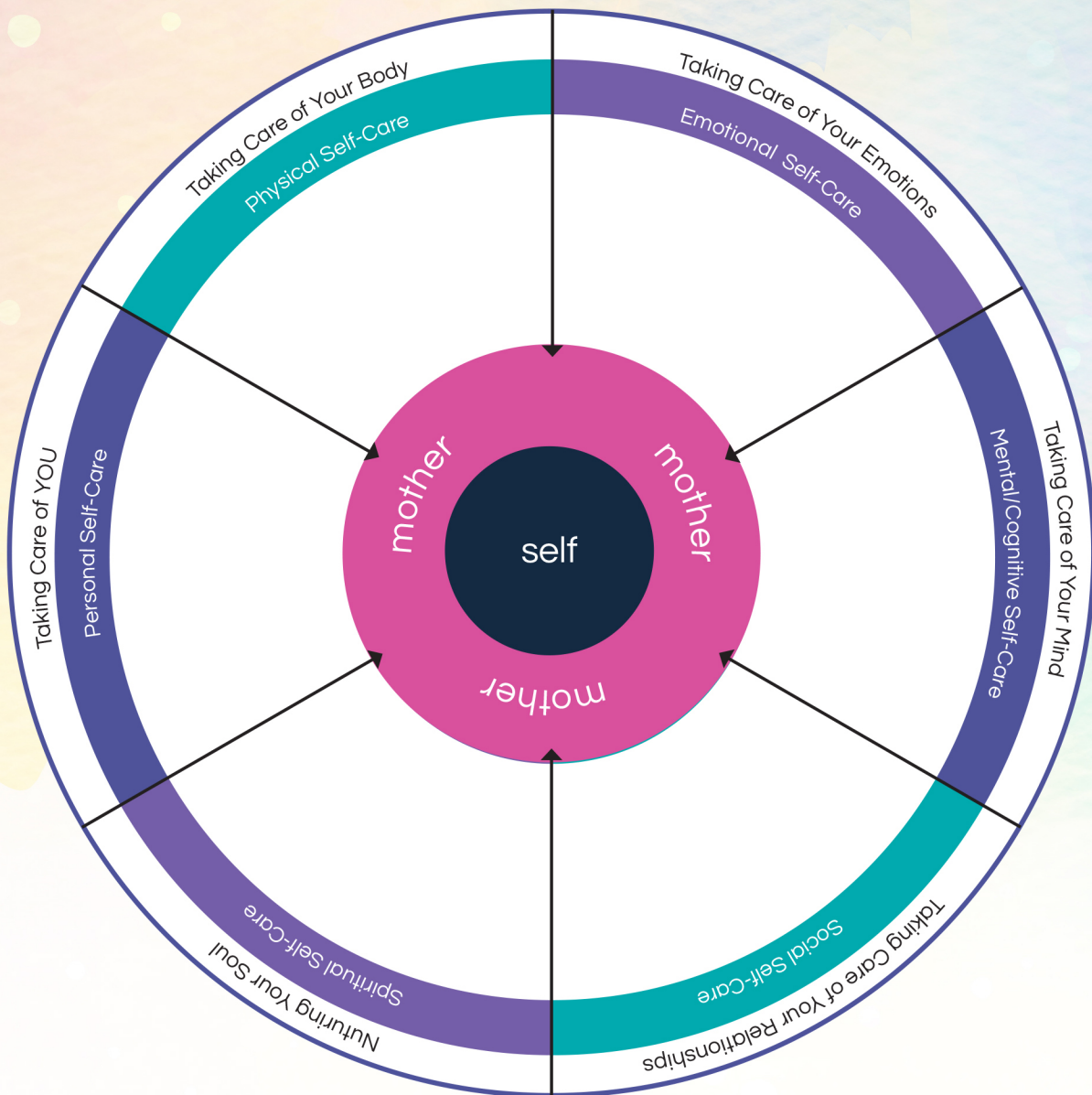
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self-care in motherhood



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understand + manage your anger

Situation or Stress	Level of Anger (1–10)	Where Did You Feel Tension in Your Body?	Thoughts You Observed	Identify a Feeling That Came before the Anger	How You Reacted	How You'd Like to Respond
Phone call with sweetie about in-law visit.	5	Felt it in my neck and stomach.	I don't want to be judged or hurt.	Sadness.	Assertive but raised my voice a few times.	Maybe a bit calmer. Didn't expect to talk about the in-law visit; was taken off guard. Maybe delay planning until we have more time to chat instead of having a rushed call.
Daughter isn't listening to me.	8	Clenched jaw and racing heart.	I'm so angry—she never listens to me. I'm tired of repeating myself.	Frustration and worry: What am I doing wrong that she doesn't listen?	Yelled, slammed the door, threatened her.	Walk away or ask for a moment to compose myself. Talk to her with the goal of problem-solving, not with anger and threats.
Not enough support from family/sweetie with chores.	4	Feeling exhausted in my whole body.	I need help. Why do I have to keep asking people to do their part? Why am I the one to see what has to be done? I'm always on repeat or yelling to get everyone to help.	Frustration, exhaustion, aloneness, annoyance.	Yelled, slammed the door, threatened them.	Walk away or ask for a moment to compose myself. Talk to them with the goal of problem-solving, not with anger and threats. I don't want to scare my family by slamming things anymore.
Son getting bullied at school.	9	Heart racing, tension all over. I want to punch someone.	What is wrong with this kid? What is wrong with the parents? I'm going to lose control.	Rage, sadness, worry for my son.	Helping my son, keeping my emotions in check, focusing on him. Left a message with the kid's mom that was intense but direct; saw the bully at school pickup and glared at him, mumbled under my breath.	Leaving a message of anger only made things worse. The bully told his mom I was threatening and scary, which was not totally true (but what I did was probably not helpful). React with reason instead of rage and revenge.



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