

The Imago Session Ten

Understanding My Emotions in a Real Way



Session Summary

In this session, we focused on understanding emotions in a simple and practical way.

Many people find it easy to explain what has happened in a situation, but much harder to recognise what they are actually feeling. It's common to stay in the story, analyse the situation, or think through emotions rather than connect with them.

This session introduced a different approach.

Rather than trying to fix or control emotions, we began recognising them as part of your internal experience – something that can be noticed, named, and understood over time.

Using the Feelings Wheel, you were introduced to a wider range of emotional language, helping you move beyond broad labels like “fine,” “angry,” or “stressed,” and begin identifying more specific emotions.

This is not about getting it right.

It's about building awareness.

Because when you can recognise what you're feeling, you begin to understand yourself more clearly – and that creates the foundation for everything that follows.

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Journal Prompts

Take a few moments to reflect on what stood out to you in this session
There's nothing to get right here - just notice what stands out.

Prompt 1

How easy or difficult is it for me to identify what I'm feeling?

Prompt 2

Do I tend to stay in the story rather than recognise the emotion?

Prompt 3

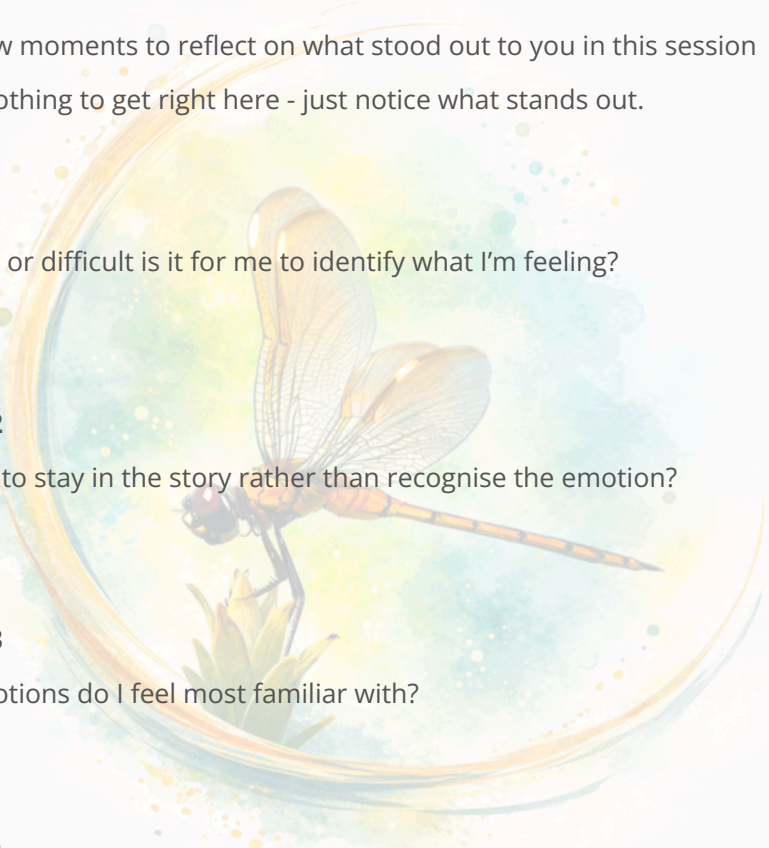
What emotions do I feel most familiar with?

Prompt 4

Are there emotions I struggle to connect with or avoid?

Prompt 5

What did I begin to notice about myself during this session?



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Noticing the Emotion, Not the Story

Over the next week, begin noticing moments where something feels off.

You might notice:

- irritation
- tension
- frustration
- withdrawal
- confusion

When you notice it, gently shift your focus away from the story and ask:

What am I actually feeling here?

You don't need to explain it.

You don't need to fix it.

Just notice it.

Name It Simply

This week is about recognising emotions in a simple way.

When something comes up:

Pause. Notice it.

Name it - even if it's just a best guess.

There is no right or wrong.

The goal is not accuracy.

The goal is awareness.

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Naming the Emotion Activity

Think of a recent moment where something didn't feel quite right.
It doesn't have to be intense. Just something that stood out.

We will work through the prompts below in our session:

What happened in the situation?

What did I initially think I was feeling?

Looking at the Feelings Wheel, what emotion feels closest?

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Naming the Emotion Activity

Does this feel different to how I would normally describe it?

What do I notice now that I've named it?

***Naming what you feel is the first step
to understanding it.***

