

HIGHER SELF HOUSE

Emotional Intelligence Starter Kit



A SIMPLE GUIDE TO UNDERSTANDING WHAT YOU FEEL
AND WHAT TO DO WITH IT

@higherselfhouse
@georgianeciale

What Is Emotional Intelligence?

Emotional intelligence is one of the most powerful and important skill sets you can develop. It gets thrown around like a buzzword, but here's what it actually means: knowing what you feel, letting yourself feel it, and knowing what to do with those emotions without spiraling, shutting down, or taking them out on the people around you. Self-awareness and emotional self-control will take you far in life, business, and relationships.

A common misconception is that emotional intelligence means you're calm all the time or never lose your cool like some enlightened monk. That's not it. It's about building a real relationship with your inner world. It's learning how to identify what you're feeling, understand why you're feeling it, and respond intentionally instead of constantly reacting from old patterns you never chose.

Here's the hard truth: ***most of us were never taught this.***

We were taught to express the emotions that made other people comfortable and suppress the ones that didn't. Our parents and caregivers often didn't have these skills themselves, so we unconsciously learned from them. Many of us grew up smart, capable, and high-achieving, yet completely disconnected from our emotions and our nervous systems.

Without emotional intelligence, it's hard to know what you need. You get stuck in reactive patterns, feel emotionally flooded, and struggle to move through difficult emotions. Over time, that disconnect affects your relationship with yourself and the people around you. Emotional intelligence isn't just a nice skill to have. It's a foundational skill for living well and becoming the highest version of yourself.

This guide is a starting point. My hope is that it gives you a few practical tools to better understand what's happening in your mind and body, so you can respond to life with more awareness instead of simply reacting. Let's get into it.

Why Emotional Intelligence Changes Everything

When you build emotional intelligence, you're not just getting better at handling emotions. You're changing the way you move through every area of your life.

It helps you:

- Understand what truly matters to you by revealing your core values.
- Uncover any limiting beliefs that are still shaping your thoughts, emotions, and behaviors.
- Recognize when your boundaries have been crossed and communicate them with more confidence.
- Become a healthier, more effective communicator in your romantic relationships.
- Communicate more clearly and confidently in your career and business.
- Strengthen your friendships and social life through deeper connection and emotional maturity.
- Build greater self-awareness and emotional self-control.
- Become more mindful instead of living on autopilot.
- Feel more grounded, present, and connected to your body = magnetic energy
- Recover from emotionally charged situations more quickly instead of getting stuck in emotional highs and lows.
- Develop more self-compassion, patience, and kindness toward yourself, which naturally improves self-image
- Build genuine confidence because you trust yourself and know you can handle difficult emotions.
- Make better decisions because you're responding intentionally instead of reacting impulsively.
- Regulate your nervous system more effectively, creating greater resilience and emotional stability.
- Feel more aligned with your highest self because your actions begin matching your values instead of your fears.
- Overall you'll experience healthier relationships, stronger leadership, and a greater sense of peace in your everyday life.

Understanding Your Emotions

Here's something that changes everything once it clicks: Your emotions are not the problem. They never were. They're not good or bad either. They're just messengers carrying information. That's it.

Every emotion, even the ones that feel uncomfortable, is trying to tell you something. Each one carries useful information about what you need, what matters to you, or where something feels out of alignment. Anger tells you a boundary was crossed. Sadness tells you something mattered and now it's gone. Jealousy points to a desire you haven't fully admitted to yourself yet.

But most of us were taught the opposite. We were told to “calm down”, “stop being dramatic”, or just “get over it.” We learned that certain emotions were “bad” or shameful, so instead of listening to them, we learned to ignore, suppress, or push them away. Do that long enough, and you become disconnected from yourself. You feel reactive, emotionally numb, or genuinely unsure of what you're feeling most of the time.

The problem is that suppressed emotions don't just simply vanish into thin air. They stay in the body until they're processed. Emotions are energy in motion, and when they don't get the chance to move through you, they often stay stuck. Over time, chronic stress and unresolved emotions can take a toll on both your mind and body.

Rebuilding that connection starts with one simple skill: naming what you feel. Not analyzing it. Not fixing it. Not writing three pages in your journal about it. Just naming it.

The Feelings Wheel

That's where the Feelings Wheel comes in. It's one of the simplest and fastest tools I know for building emotional awareness and expanding your emotional vocabulary.

Most of us only have about five words for how we feel: fine, mad, sad, stressed, good. That's not enough vocabulary to actually understand yourself.

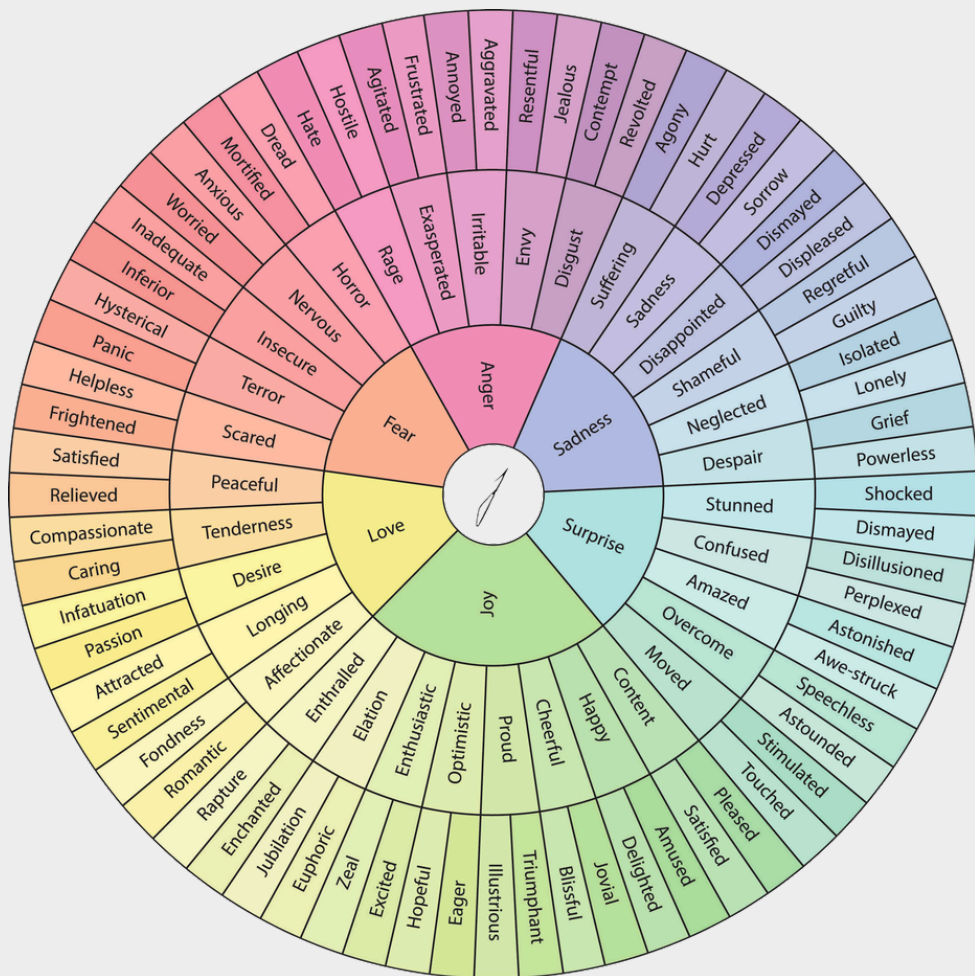
The feelings wheel (originally developed by therapist Dr. Gloria Wilcox) breaks that wide open. You start in the center with a core emotion — anger, sadness, fear, joy, disgust, surprise — and work your way outward to more specific words for exactly what's going on.

So instead of “I'm mad,” you might land on “I'm resentful.” Instead of “I'm sad,” maybe it's “I feel neglected.” That specificity matters because the more precisely you can name a feeling, the faster it tends to move through you instead of getting stuck.



The Feelings Wheel

The feelings wheel, created by Dr Gloria Wilcox, can help us pinpoint our feelings and describe them in greater detail. It also allows us to examine the feelings at the opposite end of the feeling to see how we might transform our experience.



Your Body Knows First

Long before your brain has a name for what you're feeling, your body already knows.

A tight chest. A clenched jaw. A lump in your throat. A pit in your stomach. A hot flush creeping up your neck.

Your body often experiences an emotion before your mind fully makes sense of it. That's why "just think positive" was never going to work. You can't out-think a nervous system response.

This is where somatic awareness comes in. It's the practice of paying attention to your body's signals because they're often the first clue to what you're actually feeling.

On the next page are some common body sensations that can accompany different emotions. This isn't about diagnosing yourself. It's about getting curious and building awareness of the connection between your emotions and your body.

As you read through them, pause for a moment and check in with yourself: Which ones feel familiar in your own body?



Body Signals of Core Emotions

This isn't a diagnostic tool, but it's a starting point.
Read through it and notice which ones feel familiar in your own body.

SADNESS

Heaviness in your chest, lump in your throat, slouching posture, body aches, tiredness, slow heart rate, weak, heavy.

ANGER

Gritting your teeth, clenching your fists, hot, racing heart, tight jaw, flushed.

FEAR

Feeling shaky, breathless, cold, tense, racing heart, frozen, trembling, numb hands.

SHAME

Feeling a pit in your stomach, wanting to cover your face, feeling small, hunched posture, racing heart.

DISGUST

Feeling your lips curl downward, scrunching up your nose, sour feeling in your stomach, shuddering, nausea.

JOY/EXCITEMENT

Feeling bouncy, energetic, smiling, having a 'glow' on your face, light, bright, steady, calm, soft and open.

Building Your Body's Vocabulary

The more you tune into your body, the more you begin to understand your emotional world. The more specific you can get about what you're physically feeling, the more emotional intelligence you build.

This is called **interoception**: your ability to sense what's happening inside your body. Things like tension, heaviness, warmth, nausea, hunger, hollowness, or calm.

Interoception is a key part of emotional intelligence because it helps you recognize your baseline, notice when something feels off, understand what you need, and respond instead of reacting on autopilot.

Most of us default to saying, "I feel weird," or "I don't know, I just feel off." But learning to describe the actual physical sensation gives you a much deeper understanding of what's happening. It's like building a richer vocabulary for your inner world.

Instead of saying, "I feel weird," you might notice, "My stomach feels fluttery," or "My throat feels tight."

Once you have the words, awareness grows. And with awareness comes more choice in how you respond.

The next time you notice something happening in your body, try reaching for one of these words instead of "fine" or "weird."



A Body Sensation

Word Bank

Achy	Empty	Limp	Smooth
Airy	Energised	Loose	Soft
Alive	Expanding	Nauseous	Spacious
Bloated	Faint	Numb	Spasming
Blocked	Fluid	Open	Sticky
Breathless	Flushed	Paralyzed	Still
Brittle	Fluttery	Pounding	Stretchy
Bubbly	Frantic	Pressure	Strong
Burning	Frozen	Prickly	Suffocating
Buzzing	Full	Puffy	Sweaty
Chilled	Fuzzy	Pulled	Tender
Clammy	Goose Bumpy	Pulsing	Tense
Closed	Gurgling	Quaking	Thick
Cold	Hard	Quiet	Throbbing
Constricted	Heavy	Quivering	Tickly
Contracted	Hot	Radiating	Tight
Cool	Icy	Raw	Tightness
Cozy	Intense	Rolling	Tingling
Cramped	Itchy	Shaky	Trembling
Dense	Jagged	Sharp	Twitchy
Dizzy	Jittery	Shimmering	Vibration
Dull	Jumpy	Shivery	Warm
Elastic	Knotted	Shudder	Weak
Electric	Light	Silky	Wobbly

You're Allowed to Feel Two Things at Once

Most of us were raised to think about emotions in black and white. You're either happy or sad. Confident or scared. Over it or not. But real life doesn't work that way. We're far more complex than that.

- You can be relieved a relationship ended and still grieve it.
- You can be proud of how far you've come and still feel behind.
- You can love your life and still have days where you're frustrated and want to scream into a pillow.

More than one thing can be true at the same time. Mixed emotions aren't a sign you're confused, and they aren't a sign something's wrong with you. They're a sign you're a complex human having a complex human experience.

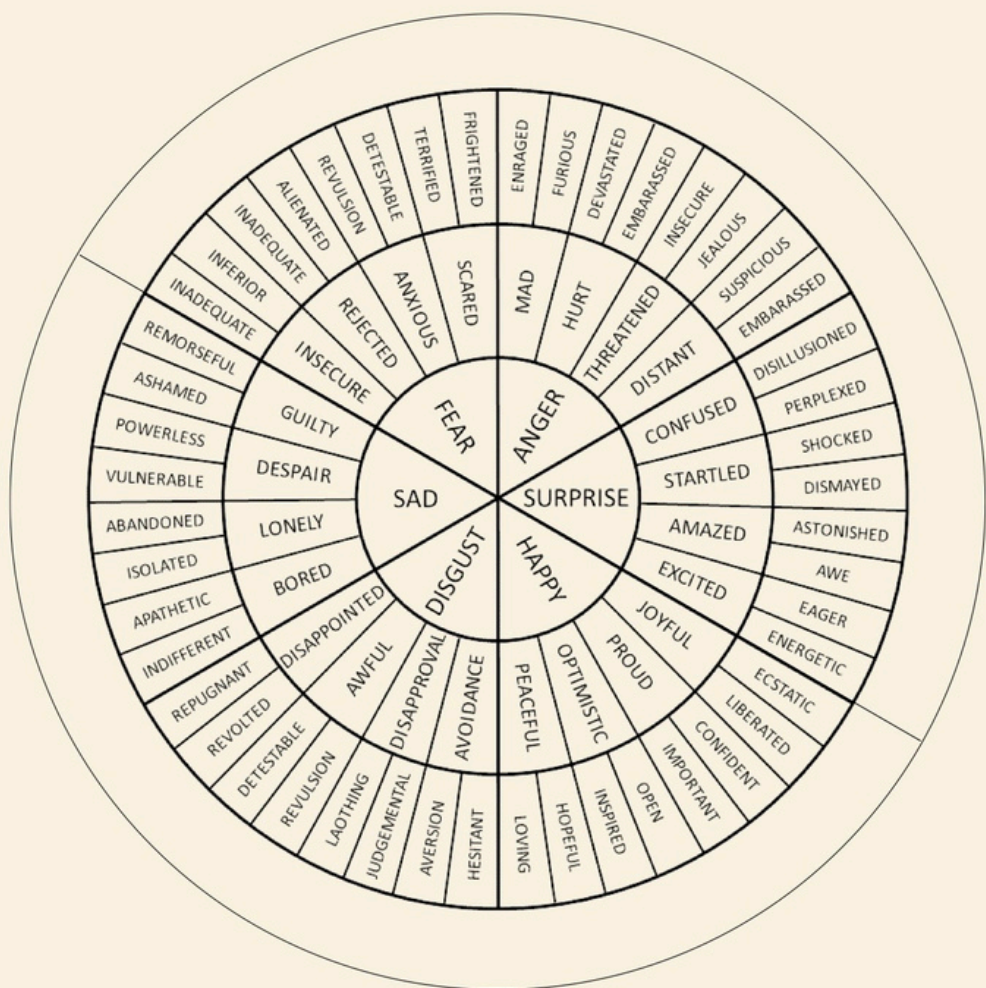
When you make space for that complexity, you stop judging yourself for what you feel. You stop believing your emotions have to fit neatly into one box. Instead, you give yourself permission to simply feel what's there.

And that permission is the difference between embracing all parts of yourself or pushing them away because they don't make sense. The more acceptance you bring to your emotional world, the less you feel the need to suppress, shame, or ignore parts of yourself. You also let go of the pressure to "fix" every feeling or make every emotion make sense. Because the moment you stop needing your emotions to make perfect sense is often the moment you stop fighting yourself.

Emotional Intelligence

Exercise

Color in this black & white version of the feelings wheel so you can get to know and contemplate each word. Fill in the blank outer section with your unique body sensations (using the A-Z of body sensations) to deepen your understanding of how your body and emotions are connected.



This Is a Practice, Not a Finish Line

Emotional intelligence isn't something you check off once. It's a skill you build over time, one moment and one choice at a time. It's about staying open and curious, slowing down enough to notice what you're feeling, and responding with intention instead of running on autopilot.

Like any skill, it gets stronger with practice. Some days you'll feel clear, grounded, and deeply connected to yourself. Other days you'll feel messy, overwhelmed, or all over the place. That's okay. Both are normal, and both are part of the process.

Start small. Color in the Feelings Wheel. Name one emotion each day. Notice one body sensation before reacting to it. Let yourself feel two emotions at once without trying to resolve them.

The more you practice, the less your emotions will run the show without your permission. You'll feel steadier, more self-aware, and more like yourself. The more you meet your emotions with curiosity instead of judgment, the more emotionally resilient, regulated, and connected to yourself you'll become. And that naturally carries over into your relationships, your work, and every other area of your life.

In my opinion, emotional intelligence is one of the most important skills you'll ever develop. It creates a positive ripple effect that touches every part of your life and brings you into greater alignment with your highest self.

So keep going and stay the course. You've got this.

– Georgia x