

FRICTION

INTERNAL
Name the Weather

The Experiment: The Weather Log

Duration: One week

Time required: 5-15 minutes daily

Materials: A feelings wheel (a circular chart that shows broad core emotions at the center and moves outward to increasingly specific emotions at the edges; you can find a number of different variations online).

Goal: Incorporate 3 to 5 new emotion words into your working vocabulary.

Day 1: Stock the Shelf (10 minutes)

Open your feelings wheel and scan it slowly. You are looking for words that describe something real in your experience but that you would not naturally reach for. From everything that catches your attention, choose 3 to 5 words to commit to for the week. Write a one sentence definition of each in your own words.

Days 2 to 7: Log the Weather (5 minutes each day)

Once each day, at whatever time works best, open your notebook and write a brief weather report:

- **What am I feeling right now?** (Does one of the words that caught your eye on the feelings wheel apply?)

- **Intensity:** 1 to 10

- **What seems to be driving it?**

You are not analyzing. You are observing and naming. Precision is the practice.

End of Week Reflection (10 minutes)

Look back across your seven entries and ask:

- Which words showed up most naturally?

- Which ones still feel hard to reach for in the moment?

- Did naming something more precisely change how you thought about it or responded to it, even once?

General Reflection: Think of a recent moment where you reacted in a way you didn't fully understand. Looking back at your feelings wheel, what word would you use now? What might you have done differently if you had been able to name it at the time?