



● A FREE GUIDE TO WHAT YOU FEEL

Your emotional *weather*.

Every feeling has coordinates. A short field guide to reading your inner forecast — and the two levers science says actually steer it.

Every feeling has an address.

Psychologists map moods on two axes: **how pleasant** the feeling is, and **how much energy** it carries. Anger and excitement are near-neighbours on energy but opposites on pleasantness; calm and boredom are the reverse. Once you see the map, “I feel bad” becomes a much more precise sentence.

The circumplex of everyday feelings

Pleasantness (left-right) × energy (down-up) · after Russell (1980)



2 ×

Two numbers locate almost any everyday mood. The circumplex model has held up for four decades because most feelings really do sort by pleasantness and energy first — the labels we give them are the finer grain on top.

You can't stop the weather. You *can* steer.

Feelings arrive uninvited — that part isn't up to you. What's up to you is what happens next. Decades of emotion-regulation research keep returning to the same comparison:

Reappraisal

WORKS — USE EARLY

Re-tell the story before it settles. Same facts, different frame: an interview isn't a trial, it's a conversation about work you know well. Reappraisers report better mood, closer relationships and fewer stress symptoms.

Sounds like... *"What else could this mean?"*

Suppression

COSTLY — USE SPARINGLY

Hide what you're already feeling. The poker face takes constant effort: the feeling stays, memory suffers, and — strangely — your conversation partner's blood pressure rises too. Fine for a moment; corrosive as a lifestyle.

Sounds like... *"I'm fine. It's fine. Everything's fine."*

COARSE FORECAST

"I feel bad."

One blurry pixel. Hard to act on — what would "fixing bad" even mean?

FINE-GRAINED FORECAST

"I'm disappointed about the delay, and a little anxious about what it signals."

Two named feelings, two obvious next moves. People with this habit — high "emotional granularity" — regulate better and even drink and lash out less when stressed.

Name it

...to tame it. In brain-imaging studies, simply putting a feeling into words — "that's anger" — dampened amygdala response and engaged the prefrontal cortex (Lieberman et al., 2007). Your vocabulary is a regulation tool.

TRY TONIGHT

*Catch one "I feel bad" this week and upgrade it: quadrant first, then the precise word.
That's reappraisal's front door.*

Learn your own *climate*.

Weather is what you feel today; **climate is your pattern** — how intensely feelings arrive, how long they linger, how quickly you name them, which strategies you reach for. That pattern is measurable, and knowing yours is where steering starts.

Four questions your climate report answers...

- a Intensity.** Do feelings arrive at conversation volume or concert volume?
- b Recovery.** After a bad moment, how long until your baseline returns?
- c Granularity.** Is your inner vocabulary a paint box or two crayons?
- d Strategy.** Reappraise, suppress, distract, ruminate — what's your default lever?

YOUR MOVE

Take your own *reading*.

The Emotional Style test maps your patterns across 60 untimed items — original questions, continuous scores, no boxes. Pair it with the Five-Factor Profile for the full portrait.

Emotional Style your climate, measured 60 items · untimed

Five-Factor Profile the full personality portrait 100 items · untimed

Values Compass what you'd trade for what 60 items · untimed

Your welcome grant of **1,000 neurons** covers your first tests.

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SOURCES & FURTHER READING

Russell, J. (1980). A circumplex model of affect. *JPSP*. · Gross, J. (1998; 2003). Emotion regulation: affective, cognitive, and social consequences. *Psychophysiology*; *JPSP*. · Lieberman, M. et al. (2007). Putting feelings into words. *Psychological Science*. · Kashdan, T., Feldman Barrett, L. & McKnight, P. (2015). Unpacking emotion differentiation. *Current Directions in Psychological Science*.

This guide — and every MindSpan test — is an educational tool for self-exploration, not a clinical instrument. If your weather feels unmanageable, a licensed professional is the right forecaster.