

FEELINGS WHEEL

Originally Created by Dr. Gloria Wilcox



How to use this wheel:

- 1. Check in with yourself and notice what your body is telling you (e.g.- tightness in your shoulders, a queasy feeling in your stomach, a racing heart, fast breathing, etc.)
- 2. Identify the Primary Emotions that you're feeling (the innermost part of the circle). This broader category of emotions may be easier for us to identify. (I'm feeling angry).
- 3. Now look at the 2nd or 3rd row of emotions and notice if one (or more) of these emotions is a better fit for what you're experiencing better. (I'm feeling hurt and ashamed)
- 4. Once you've chosen the emotion(s), allow yourself a few moments to breathe deeply and say (or think) that word a few times. You're not trying to change this emotion; you're just labeling it.