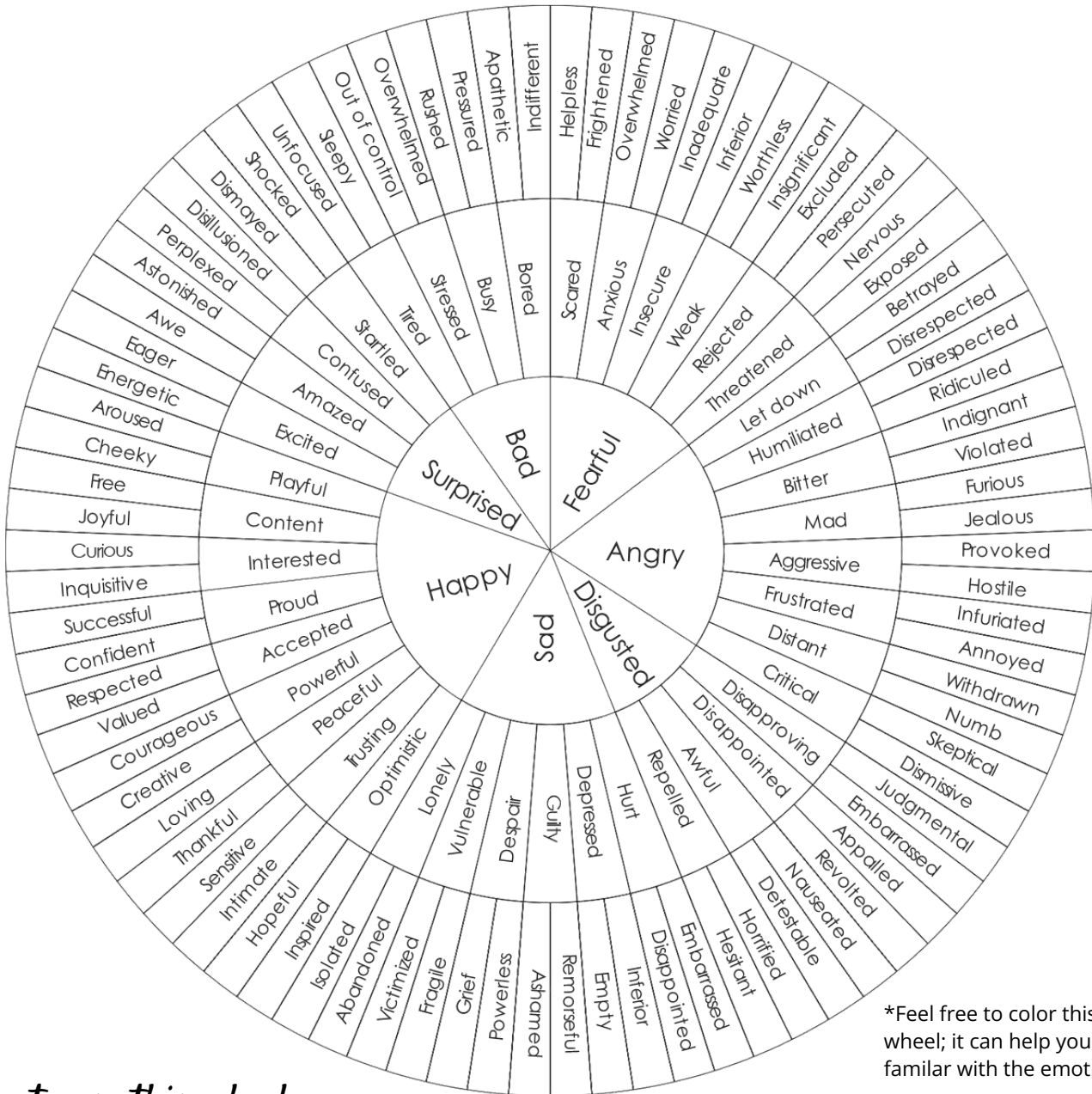


FEELINGS WHEEL

Originally Created by Dr. Gloria Wilcox



*Feel free to color this wheel; it can help you get familiar with the emotions!

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.