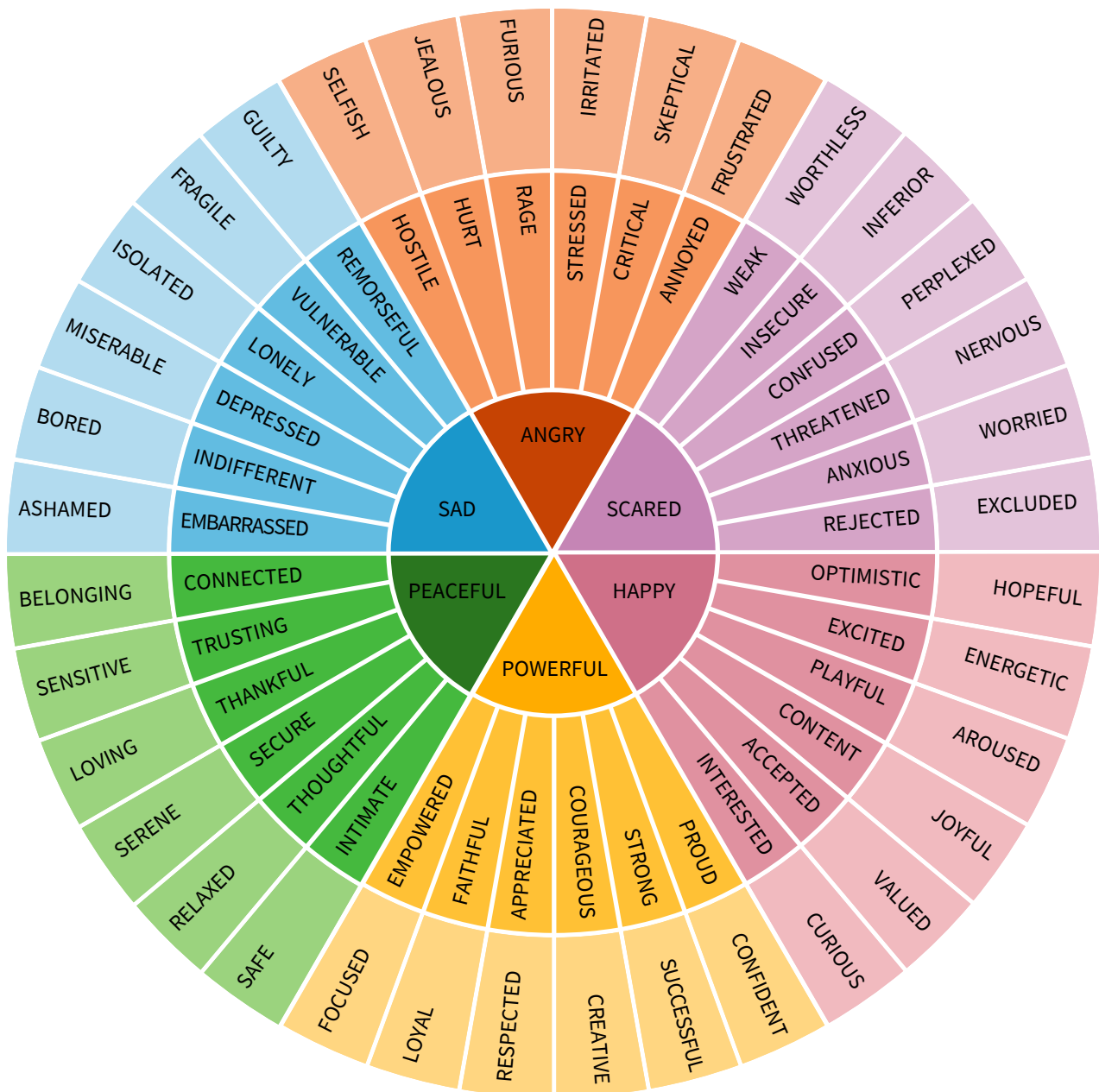


The Feelings Wheel

Gloria Willcox, 1982



This tool is designed to help you describe your feelings with more accuracy.

The feelings identified here are not a complete overview of all possible feelings and emotions. Instead, they can be treated as a starting point to describe and identify how you are feeling.

How To Use The Feelings Wheel

The Feelings Wheel was created by Gloria Willcox and organizes 72 feelings into 6 key areas: sad, angry, scared, joyful, powerful, and peaceful. It can be useful in helping you identify the feelings you are experiencing.

In the Feelings Wheel, the core emotions are in the middle of the circle. After choosing the core emotion, you can identify the more specific emotions that are relatable in the outer edges of the circle. These more specific emotions help you gain a deeper understanding of what you are experiencing.

You can use the wheel to explore the emotions you are feeling currently or use it to explore deeper, longer-term emotions that may be impacting you. Once you've identified the specific feeling you're experiencing, you'll be in a better position to take action.

When you feel a feeling, take the time and space to experience the emotion without judgement. Sit with the feeling without pushing it away. Remind yourself that this feeling is temporary and won't last forever. As you experience the feeling, consider the triggers that caused it.

Focus on where you feel the feeling in your body and notice any sensations the feeling has caused in your body.

Validating Feelings

I feel _____(*insert emotion*).

It's okay that I feel _____(*insert emotion*).

I'm allowed to feel _____(*insert emotion*).

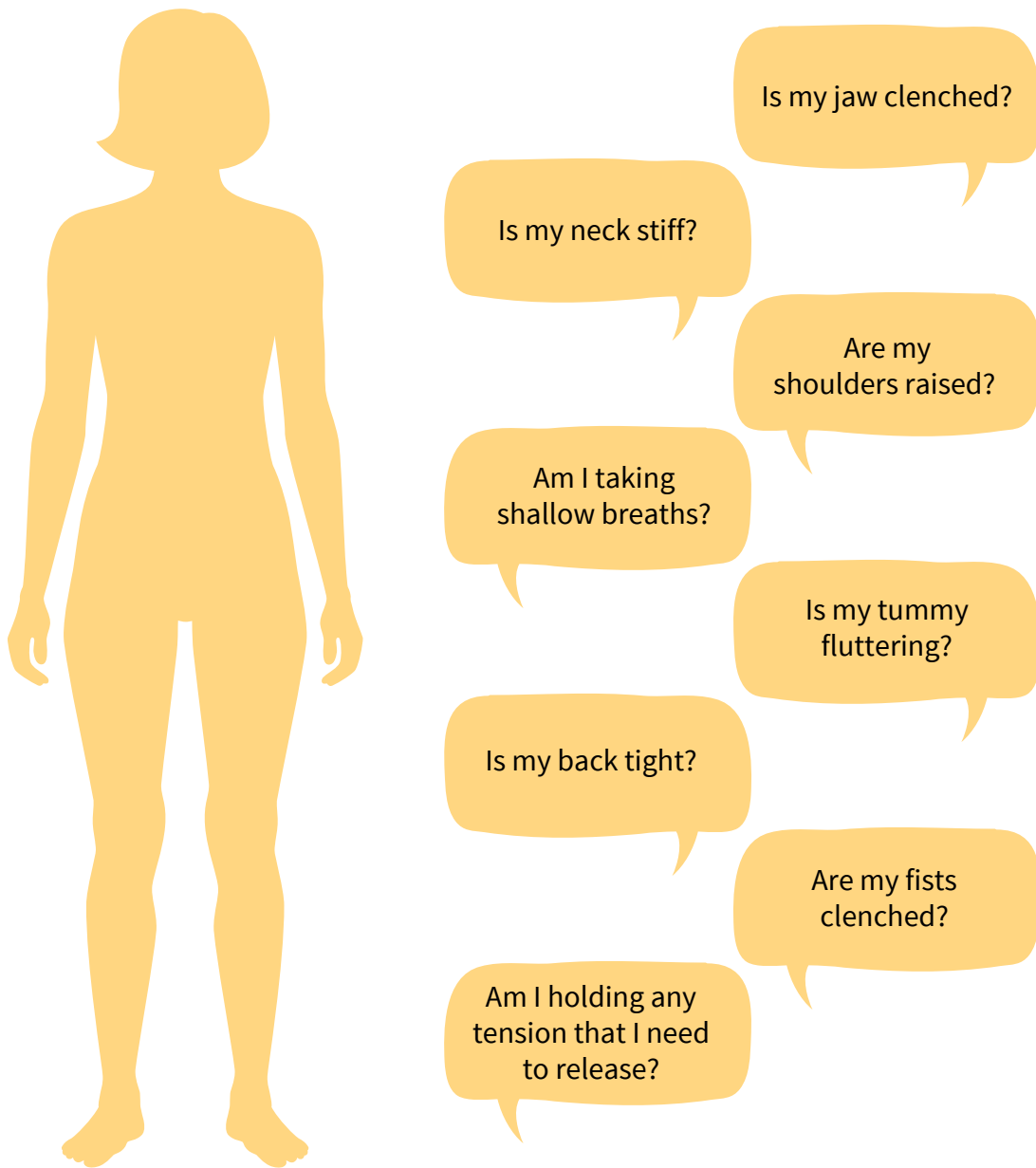
I give myself permission to feel _____(*insert emotion*).

When you have identified and validated your feelings, reflect on what you've experienced. How could you describe your feelings? How did you cope with these feelings? Would you do anything different next time?

Feelings Body Scan

Take a few deep breaths and close your eyes. Become aware of your 5 senses (sight, sound, smell, taste, touch/feel). Identify where you feel the feeling in your body and notice any sensations that arise.

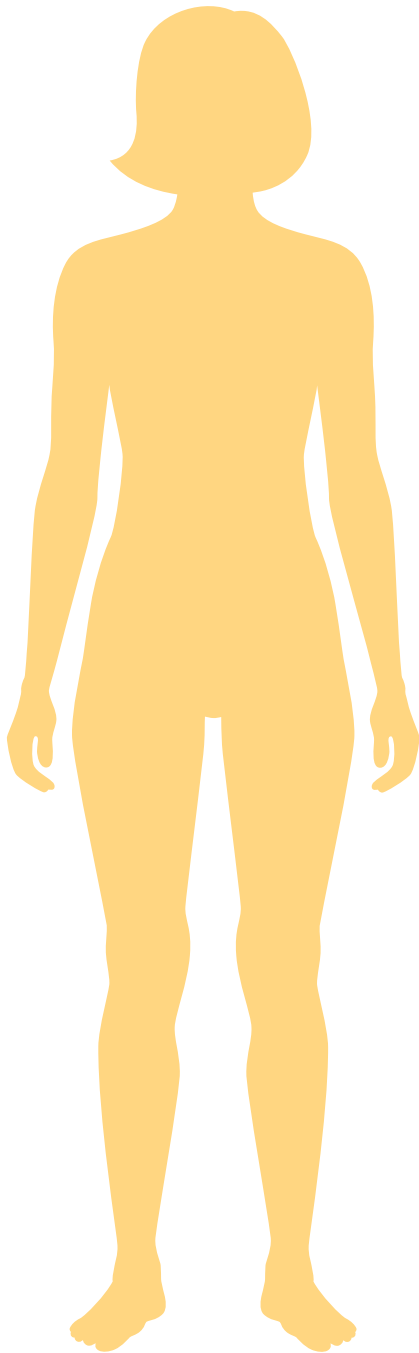
Begin at the top of your head and end at the bottom of your toes;



Stretch, move, massage, shake or breathe into the areas of your body that are holding tension.

Processing Feelings

As you experience an emotion or feeling, try to locate where you feel that in your body. Use the chart and the questions below to determine where the emotion causes physical sensations in your body.



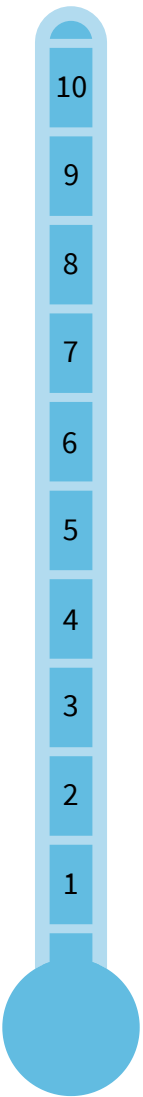
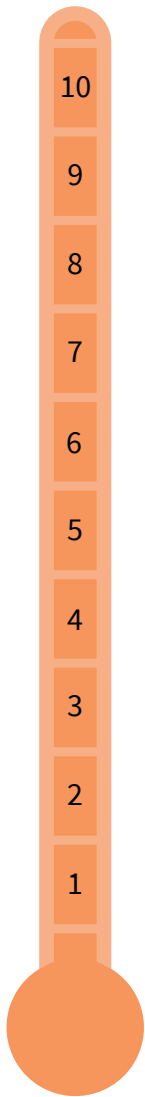
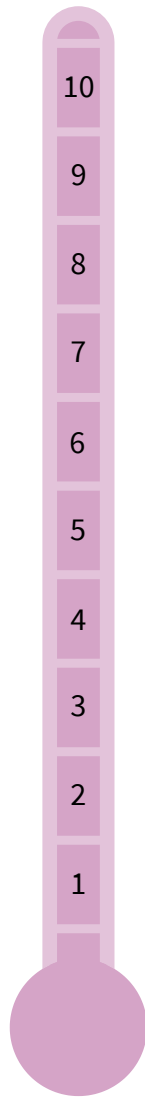
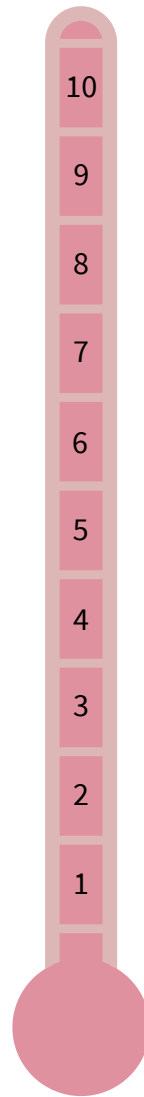
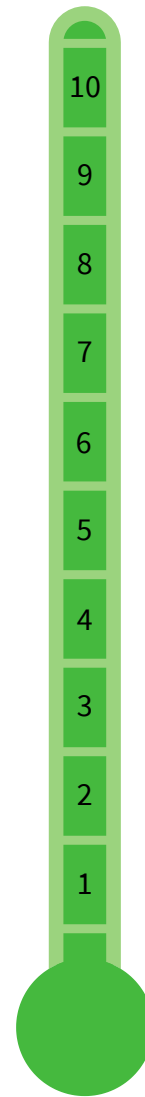
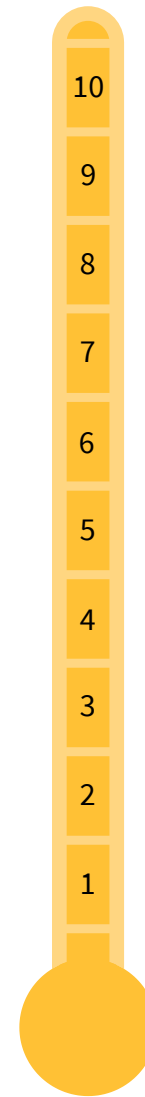
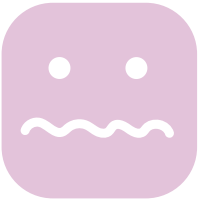
Where do you feel the feeling in your body?

What do you think your body is telling you?

How can you care for yourself as you process this emotion?

Gauge Your Feelings

Use the thermometers to gauge your feelings in each of the 6 key areas. Then, look at your Feelings Wheel. Can you identify any relatable feelings?

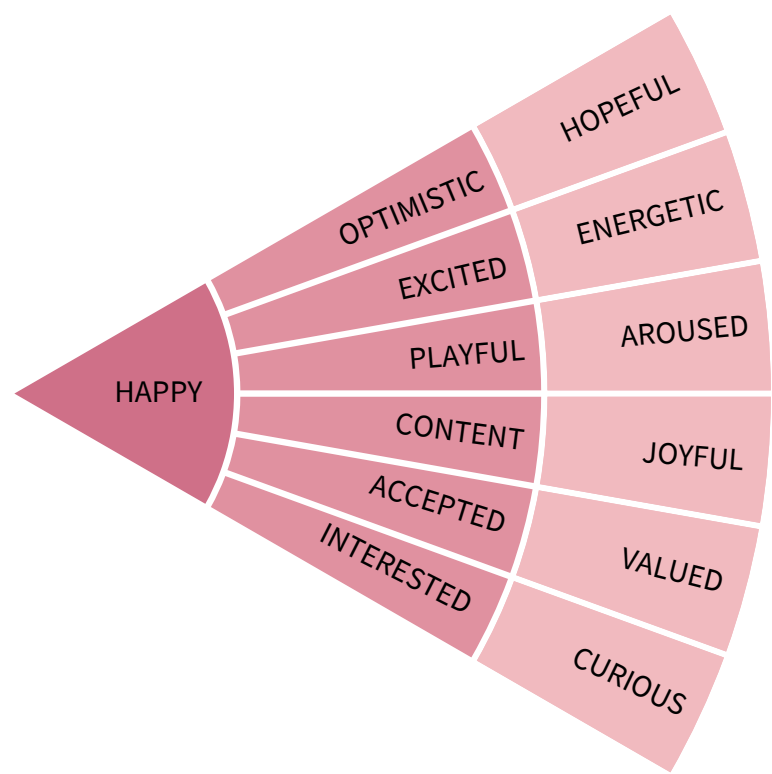
					
					
SAD	ANGRY	SCARED	HAPPY	PEACEFUL	POWERFUL

Feelings List

ANGRY			POWERFUL		
angry	stressed	jealous	powerful	proud	focused
enraged	critical	frustrated	empowered	confident	important
frustrated	annoyed	furious	faithful	successful	aware
irate	selfish	skeptical	appreciated	creative	worthwhile
irritated	hurt	livid	courageous	respected	valuable
hostile	irritated	wild	strong	loyal	discerning
cross	raving	jealous	persuasive	controlling	influential
vexed	displeased	bitter	dynamic	able	dominant
exasperated	spiteful	envious	forceful	forcible	capable
SAD			HAPPY		
sad	embarrassed	tired	happy	interested	energetic
remorseful	guilty	ashamed	optimistic	hopeful	sensuous
vulnerable	fragile	sleepy	excited	aroused	cheerful
lonely	isolated	apathetic	playful	joyful	amused
depressed	miserable	inferior	content	valued	creative
indifferent	bored	stupid	accepted	curious	stimulated
sorrowful	wronged	desolate	satisfied	glad	blessed
down	despairing	heartbroken	delighted	jubilant	blissful
gloomy	mournful	grieving	elated	lively	thrilled
SCARED			PEACEFUL		
scared	rejected	excluded	peaceful	intimate	safe
weak	worthless	bewildered	connected	belonging	content
insecure	inferior	discouraged	trusting	sensitive	nurturing
confused	perplexed	insignificant	thankful	loving	pensive
threatened	nervous	inadequate	secure	serene	responsive
anxious	overwhelmed	ignored	thoughtful	relaxed	attentive
panicked	bothered	distraught	tranquil	quiet	prudent
shaken	distracted	jittery	composed	placid	cautious
worried	tormented	troubled	calm	restful	careful

Feelings Wheel: Happy

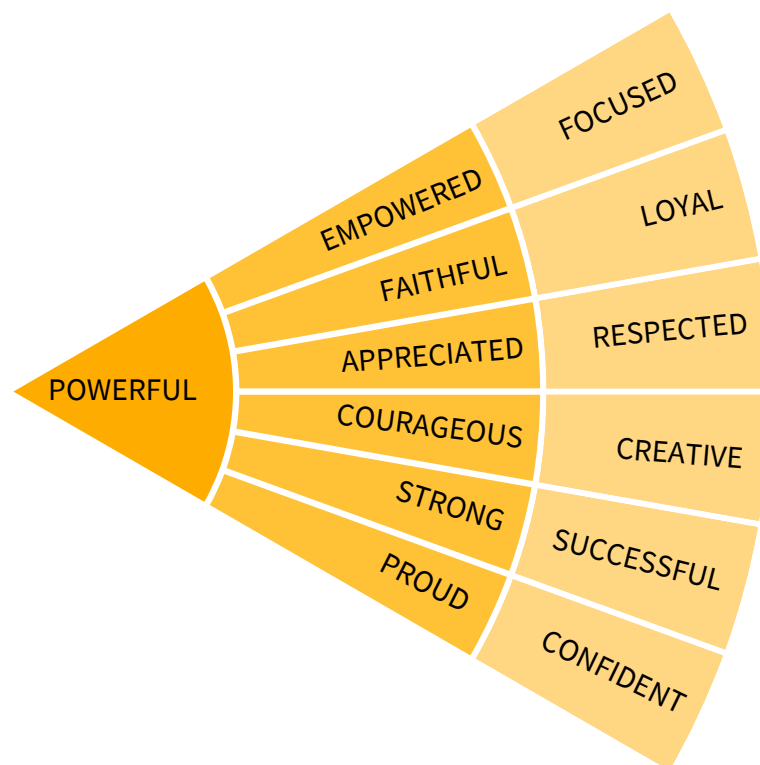
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
happy	interested	energetic	Laughing, increased energy, helpful, engages in self-care, highly motivated, more active, playful, smiling, sociable, engages in creative activities
optimistic	hopeful	sensuous	
excited	aroused	cheerful	
playful	joyful	amused	
content	valued	creative	
accepted	curious	stimulated	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

Feelings Wheel: Powerful

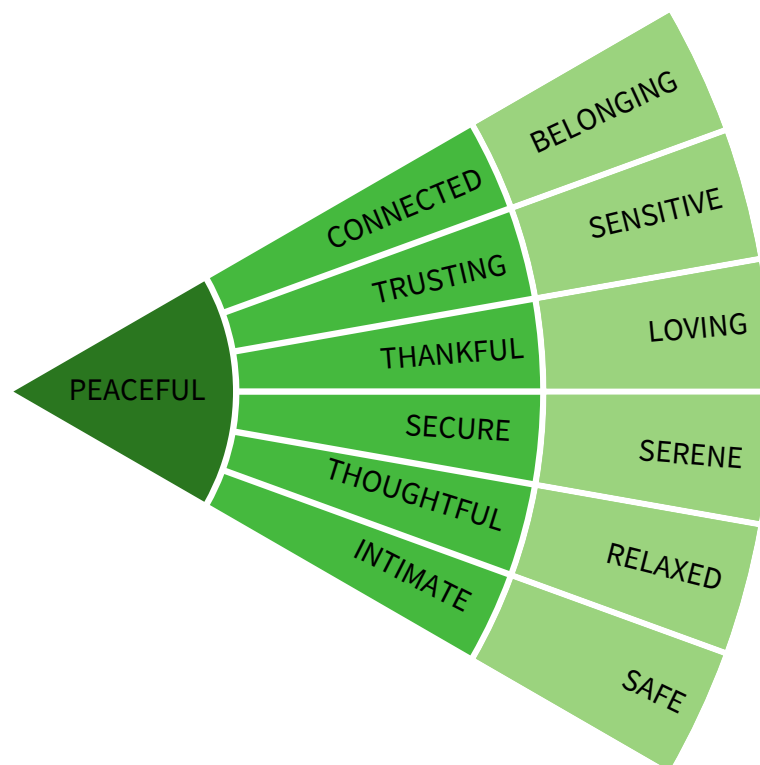
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
powerful	proud	focused	motivated, productive, open to change, celebrates successes, lives an authentic life, resilient, problem-solving skills, works on weaknesses, shows kindness towards others, asks for help, expresses emotions
empowered	confident	important	
faithful	successful	aware	
appreciated	creative	worthwhile	
courageous	respected	valuable	
strong	loyal	discerning	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

Feelings Wheel: Peaceful

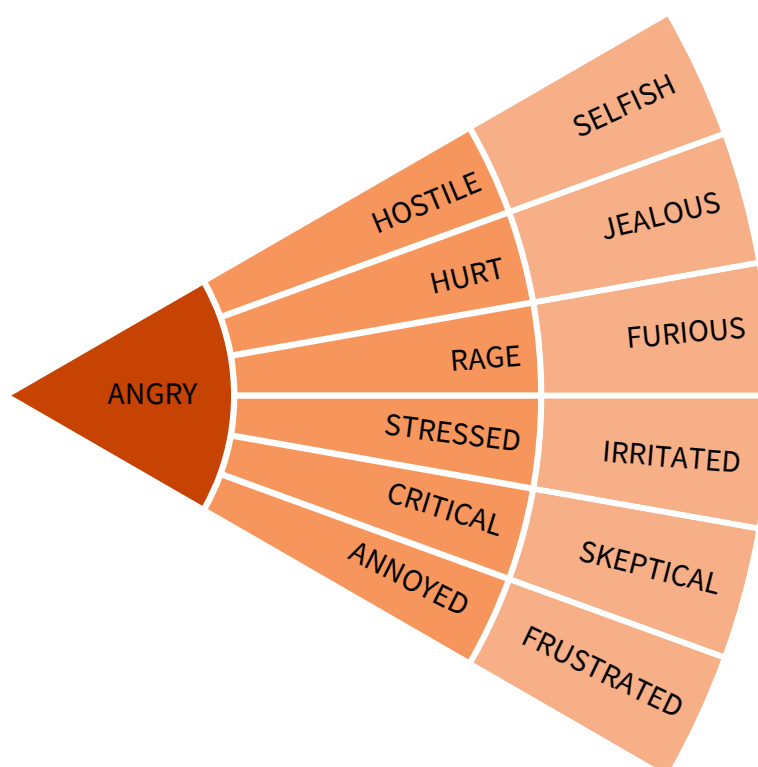
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
peaceful	intimate	safe	kindness, physical affection, selflessness, commitment, empathy, non-judgmental, worry-free, positive mental attitude, contentment
connected	belonging	content	
trusting	sensitive	nurturing	
thankful	loving	pensive	
secure	serene	responsive	
thoughtful	relaxed		



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

Feelings Wheel: Angry

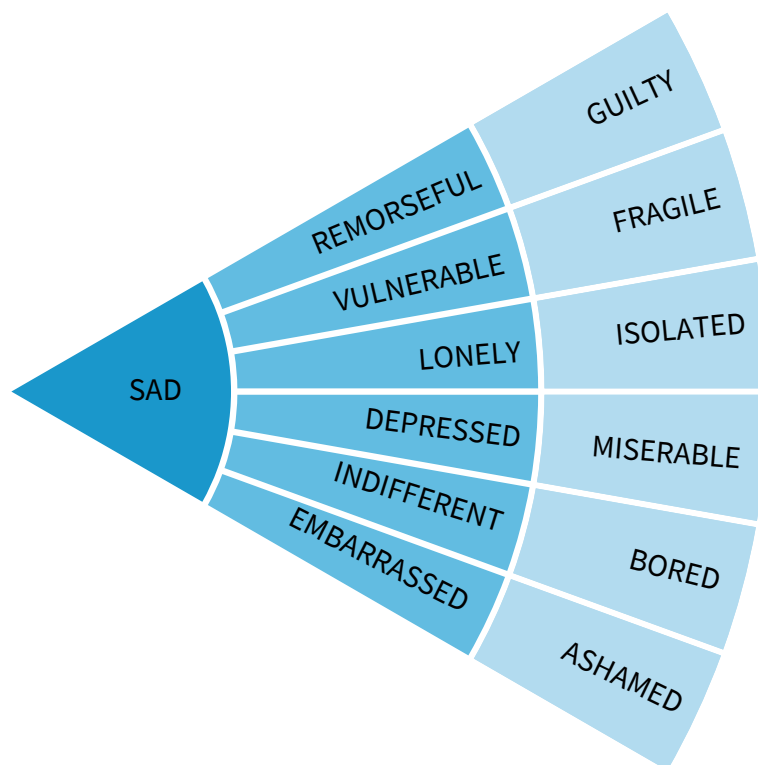
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
angry	stressed	jealous	being aggressive, raising voice, staring, trembling, using harsh language, using insults, arguing, blaming others, clenching fists, feeling hot, increased heart rate
enraged	critical	selfish	
frustrated	annoyed	furious	
irate	frustrated	hurt	
irritated	skeptical		
hostile	irritated		



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

Feelings Wheel: Sad

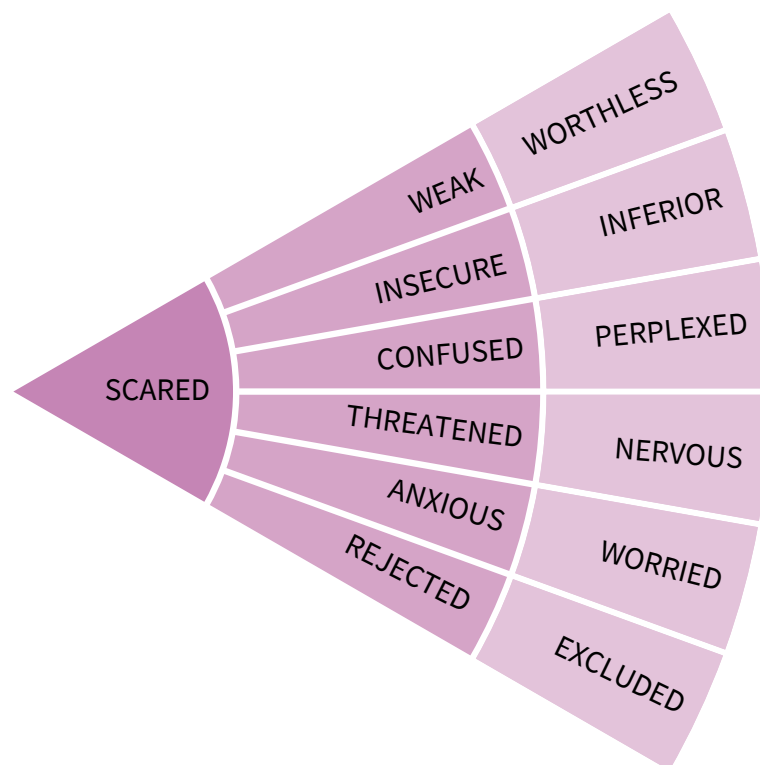
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
sad	embarrassed	ashamed	negative thoughts, neglecting self-care, sleep problems, social isolation, fatigue, changes in eating, apathy, crying, loss of interest in activities, poor self-esteem, irritability, difficulty concentrating
remorseful	guilty	tired	
vulnerable	fragile	sleepy	
lonely	isolated	apathetic	
depressed	miserable	inferior	
indifferent	bored	stupid	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

Feelings Wheel: Scared

POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
scared	rejected	excluded	trembling, racing heart beat, racing thoughts, crying, shortness of breath, sweating, pacing, nail biting, skin picking, headache, difficulty concentrating, digestive problems, muscle tension, avoidance
weak	worthless	bewildered	
insecure	inferior	discouraged	
confused	perplexed	insignificant	
threatened	nervous	inadequate	
anxious	worried	overwhelmed	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

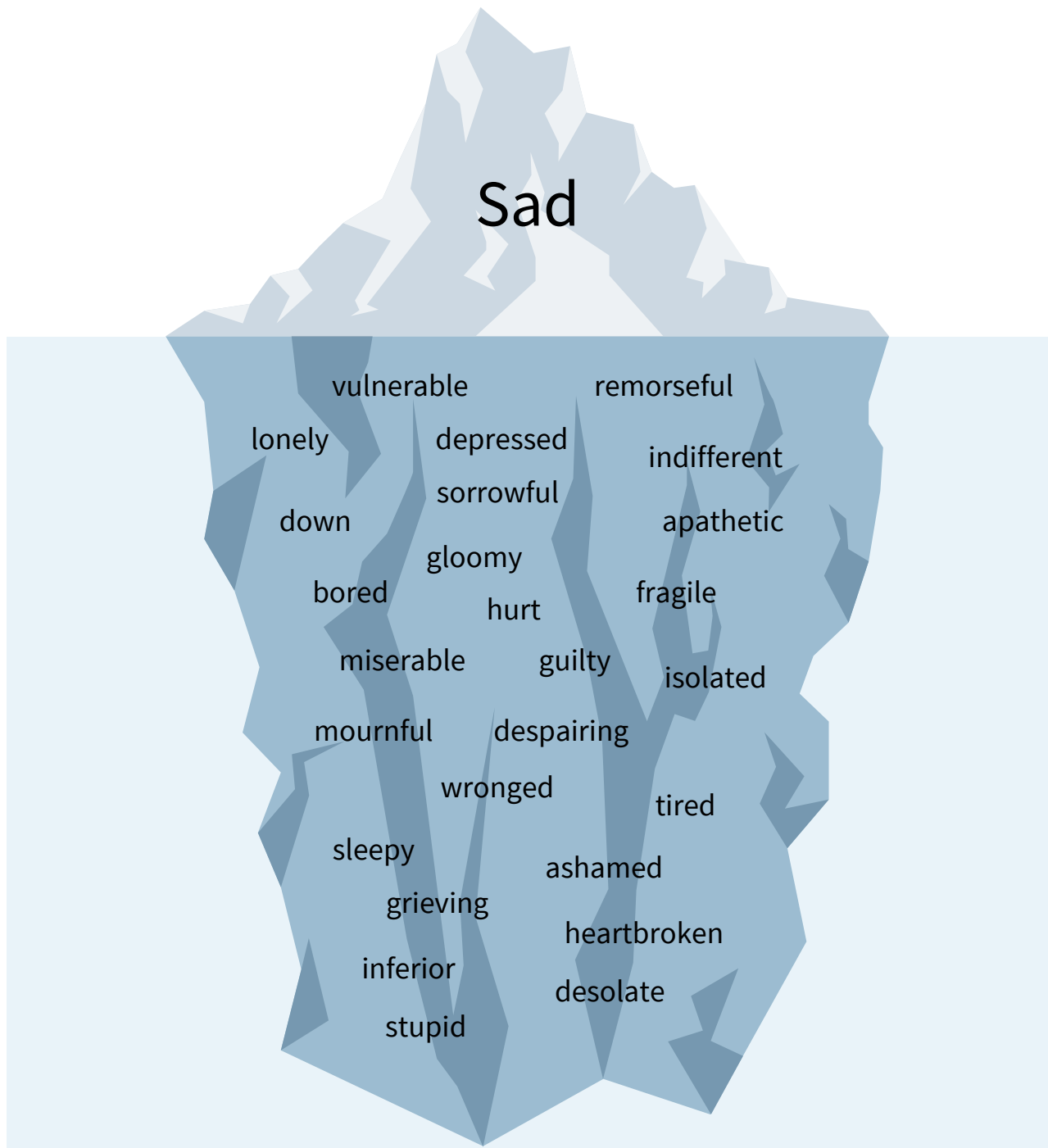
Feelings Iceberg

Just like an iceberg, most of the emotions connected to a feeling are hidden under the surface.



Feelings Iceberg

Just like an iceberg, most of the emotions connected to a feeling are hidden under the surface.



Feelings Iceberg

Just like an iceberg, most of the emotions connected to a feeling are hidden under the surface.



Coping With Emotions

Here are 50 things you can do to help you cope with your emotions and take care of yourself

- | | |
|--|--|
| <ul style="list-style-type: none">• spend time with a loved one• go for a walk• spend time in nature• turn off your phone• drink water• eat a tasty snack• do a puzzle• go for a drive• exercise or move your body• cuddle with your pet• give yourself a pep talk• write some affirmations• create a to-do list• do a mindfulness exercise• take a mental health day from work• find a support group• take a break from social media• dress up for fun• ask for help from a loved one• look through old photos• sew, crochet or knit• set boundaries• have a spa day at home• watch a movie or show you love• reflect on your spiritual beliefs | <ul style="list-style-type: none">• spend 10 minutes meditating• use a weighted blanket• make a vision board• take vitamins/supplements• celebrate yourself• volunteer• learn a new skill or hobby• cook or bake using a new recipe• squeeze a stress ball• plan something fun to look forward to• play a board game or video game• focus on what is in your control• light candles• set a small goal• diffuse essential oils• clean or organize your space• buy some new plants• make a playlist of your songs you love• read a book• try a new food or cuisine• listen to some sounds from nature• create a routine or schedule• walk in the grass barefoot• play a sport• name 5 things you love about yourself |
|--|--|

Journal Prompts: Angry

Think about a time when you experienced the feeling of anger. Use these prompts to help you reflect on the causes and consequences of your feelings of anger.

What triggers your feelings of anger?

What physical sensations do you feel in your body?

How do you express your anger? What thoughts do you have? How do you talk to yourself when you're feeling angry?

What coping strategies do you use to help you deal with your feelings of anger?

Journal Prompts: Sad

Think about a time when you experienced the feeling of sadness. Use these prompts to help you reflect on the causes and consequences of your feelings of sadness.

What triggers your feelings of sadness?

What physical sensations do you feel in your body?

How do you express your sadness? What thoughts do you have? How do you talk to yourself when you're feeling sad?

What coping strategies do you use to help you deal with your feelings of sadness?

Journal Prompts: Scared

Think about a time when you experienced the feeling of being scared. Use these prompts to help you reflect on the causes and consequences of your feelings of being scared.

What triggers your feelings of being scared?

What physical sensations do you feel in your body?

How do you express your feeling of being scared? What thoughts do you have? How do you talk to yourself when you're feeling scared?

What coping strategies do you use to help you deal with your feelings of being scared?

Journal Prompts: Happy

Think about a time when you experienced the feeling of being happy. Use these prompts to help you reflect on the causes and consequences of your feelings of being happy.

What triggers your feelings of being happy?

What physical sensations do you feel in your body?

How do you express yourself when you feel happy? What thoughts do you have? How do you talk to yourself when you're feeling happy?

How can you experience this feeling of happiness more often?

Journal Prompts: Powerful

Think about a time when you experienced the feeling of being powerful. Use these prompts to help you reflect on the causes and consequences of your feelings of being powerful.

What triggers your feelings of being powerful?

What physical sensations do you feel in your body?

How do you express yourself when you feel powerful? What thoughts do you have? How do you talk to yourself when you're feeling powerful?

How can you experience this feeling of being powerful more often?

Journal Prompts: Peaceful

Think about a time when you experienced the feeling of being peaceful. Use these prompts to help you reflect on the causes and consequences of your feelings of being peaceful.

What triggers your feelings of being peaceful?

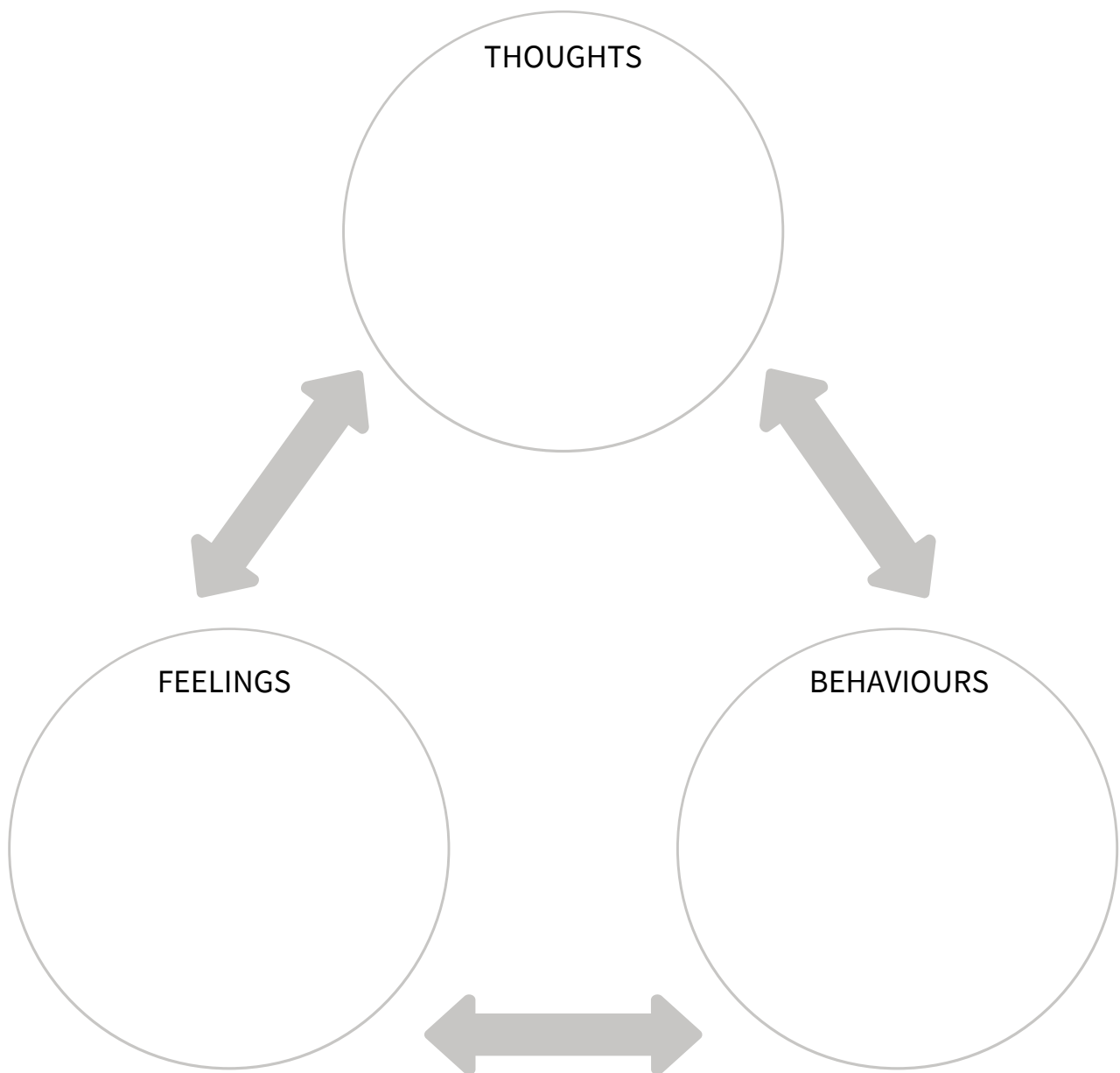
What physical sensations do you feel in your body?

How do you express yourself when you feel peaceful? What thoughts do you have? How do you talk to yourself when you're feeling peaceful?

How can you experience this feeling of being peaceful more often?

Thoughts, Feelings and Behaviour Cycle

This Thoughts, Feelings and Behaviour Cycle works as a starting point to help you become aware of your thinking processes and how these relate to your feelings and emotions.



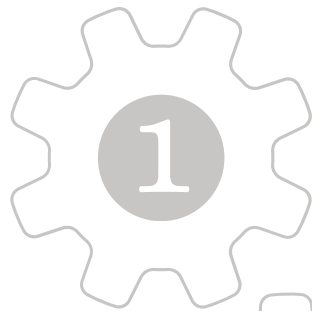
Feelings Diary

Using a Feelings Diary will help you become aware of the types of thoughts that cause different emotions. It will also make you more mindful of how you behave in response to your feelings.

DATE/TIME

TRIGGER	
THOUGHTS	
EMOTIONS	
PHYSICAL SENSATIONS	
BEHAVIOUR	
CONSEQUENCES OF BEHAVIOUR	

Processing Feelings



1. ACKNOWLEDGING

The first step is noticing and acknowledging that you're experiencing a feeling or emotion.



2. IDENTIFYING AND NAMING

The next step is identifying what the feeling is and naming it. You can use the Feelings Wheel to help with this.



3. ATTRIBUTING

Then you can start to make sense of what caused the emotion or feeling and identify its triggers.



4. ACCEPTING

Check your body and notice any related physical sensations in your body. Accept the feeling; don't push it away.



5. ACTING

Take a few deep breaths and then decide what you will do. Choose how you will use or cope with the feeling.

Reflecting on Your Feelings

What happened that prompted the emotion? Only the facts

How I interpreted the event.

The physical sensations
I felt

My body posture and
expressions

What I wanted to do or
say

What I did

What I said

The emotion identified:

Reflection:

Reflecting on Your Feelings

Describe what did or did not happen to make you feel this way.

Reflect on why this affects you in this way.

Is this emotion related to something you don't like about yourself?

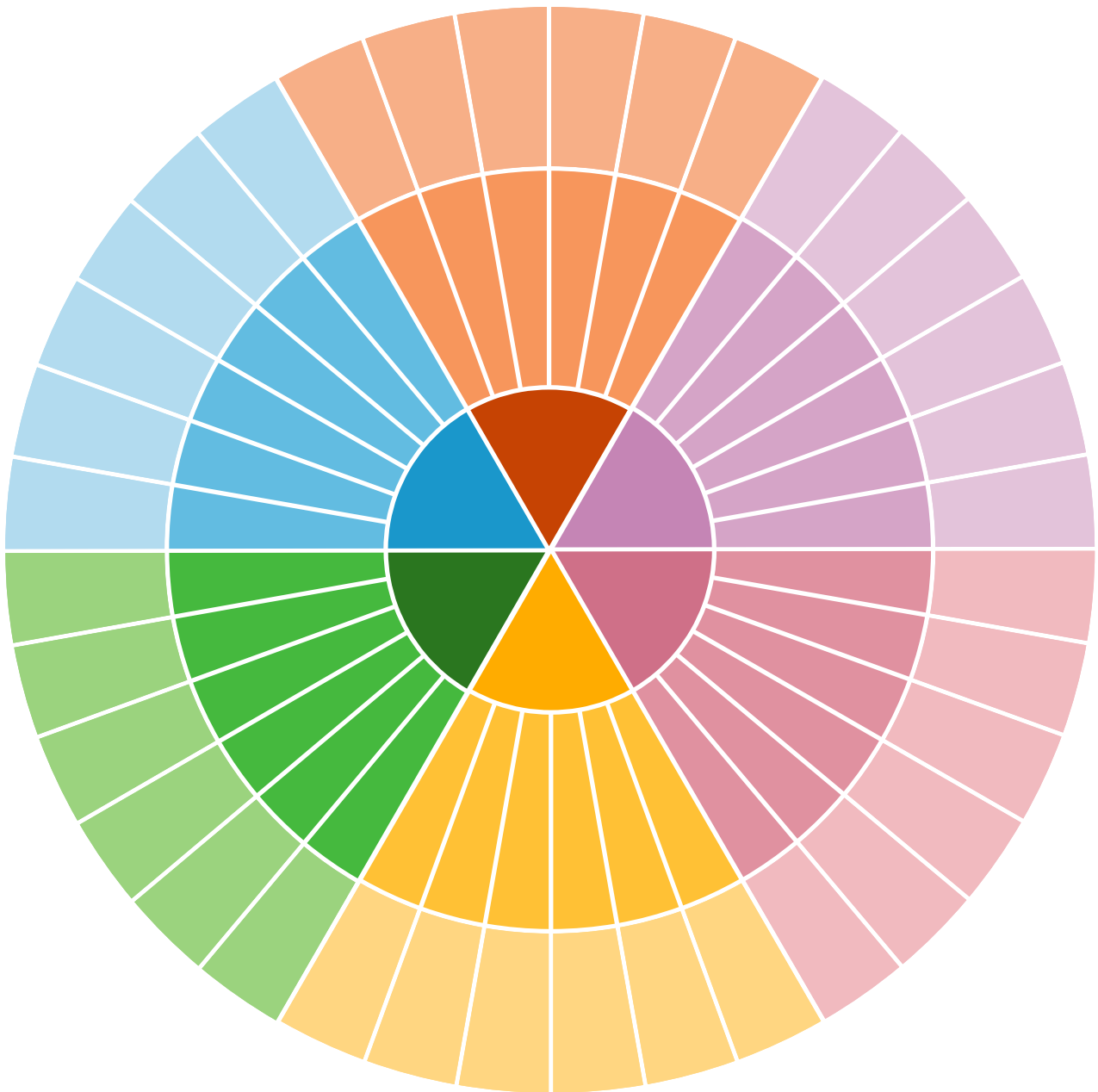
How often do you feel this way?

How can you accept this emotion?

How can you help yourself feel better?

The Feelings Wheel: Blank

Gloria Willcox, 1982



This tool is designed to help you describe your feelings with more accuracy.

The feelings identified here are not a complete overview of all possible feelings and emotions. Instead, they can be treated as a starting point to describe and identify how you are feeling.