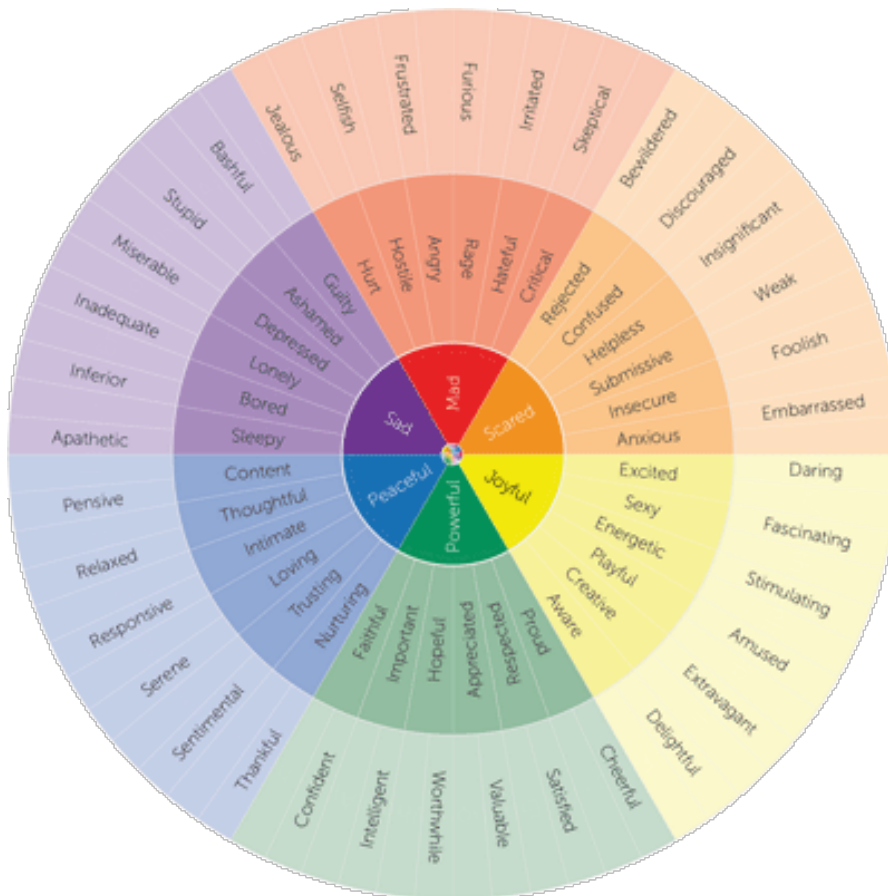




# The Feelings Wheel

Worksheet: This sheet is designed to help you describe your Feelings with more accuracy

*Gloria Willcox, 1982*



Use the circle above to identify how you're feeling. Start with a core emotion in the centre and move outward to find a more specific feeling. Once identified, allow yourself to experience the emotion without judgment, remembering it's temporary. Reflect on its triggers and notice how it feels in your body.

## Validate your feelings:

I feel \_\_\_\_\_ (insert feeling)  
It's ok that I feel \_\_\_\_\_ (insert feeling)  
I'm allowed to feel \_\_\_\_\_ (insert feeling)  
I give myself permission to feel \_\_\_\_\_ (insert feeling)

## Questions to ask yourself:

How could you describe your feelings? What do they look like for you?  
How did you cope with these feelings?  
Would you do anything different next time?  
What situations make you feel like this?