

THE EMOTIONS WHEEL



The next time an emotion takes hold and you can't quite name it, start at the center of this wheel. Which word most generally describes how you're feeling? Fearful? Angry? Disgusted? Sad? Happy? Surprised? Bad?

The next ring shows more specific emotions that fall within the first category you choose. If you're feeling sad, is it coming from a sense of loneliness? Or are you feeling guilty or hurt? From this point, the wheel challenges you to break it down even further so you get to the most specific emotion you're feeling.



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