

Explore Gloria Wilcox's Feelings Wheel

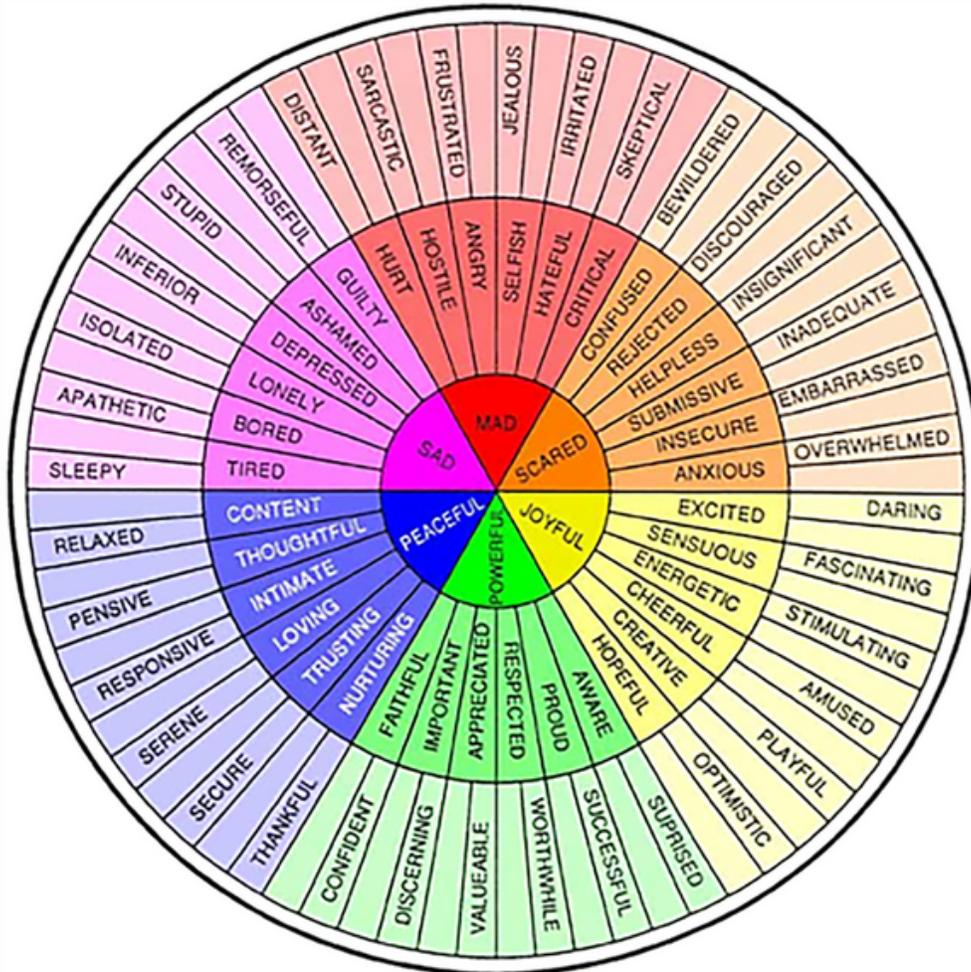


Image originally published in *Counseling Today* and found [here](#)

Our ability to engage with, name and share our emotions helps us navigate our relational landscape and regulate our emotional responses.

Start in the center from the "core" emotions, or identify an emotion on the periphery to get to the core. Use the blank spaces to brainstorm additional emotion words for each core. Practice naming an emotion (also known as affect labeling) as a powerful tool to regulate emotions.

Reach out to kristin.hovious@selchicago.com to bring experiential programming to expand any organization's toolbox of proactive relational tools that center dignity and expand stakeholders' emotional granularity.

References:

Willcox, G. (1982) The Feeling Wheel, *Transactional Analysis Journal*, 12(4). 274-276, DOI: [10.1177/036215378201200411](https://doi.org/10.1177/036215378201200411)

Torre, J. B., & Lieberman, M. D. (2018). Putting Feelings Into Words: Affect Labeling as Implicit Emotion Regulation. *Emotion Review*, 10(2), 116-124. <https://doi.org/10.1177/1754073917742706>

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