



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

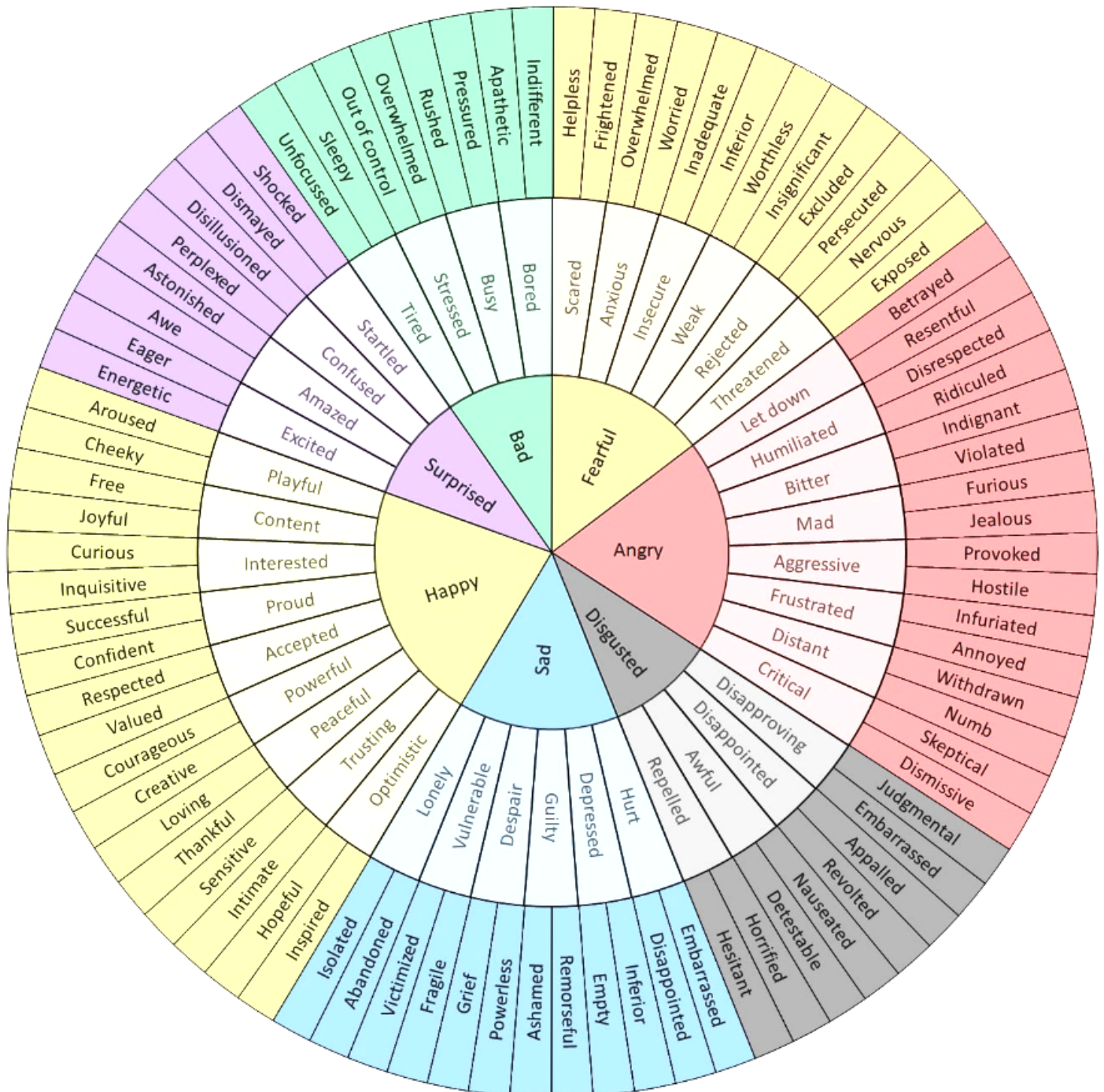
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Feelings Wheel + activity

The feelings wheel, a widely used counseling tool, created by Gloria Willcox, is a simple, practical tool designed to help people better identify and express their emotions. Adapted from Willcox (1982), *The Feelings Wheel*.



Activity: “Name It to Tame It” (5–10 minutes)

This activity helps you build emotional awareness and vocabulary, making it easier to recognize and communicate what you’re experiencing.

Step 1: Check in

Pause and think about how you feel right now.

Step 2: Start at the center

Using your finger or a pencil/pen, start at the center of the feelings wheel. Choose one of the core feelings (mad, sad, glad, scared) that best fits how you feel right now. Keep your finger or pencil/pen there.

Step 3: Get specific

Using your finger or pencil/pen, get more precise and move outward on the wheel to the middle set of feelings (e.g., “frustrated,” “lonely,” “excited”).

Do this again to get to the last set of feelings. Use a dictionary if needed!

Step 4: Share (to yourself, out loud)

Share your feeling and a short reason why, using this sentence:

“I feel ____ because ____.”

Step 5: Reflect

Briefly discuss how choosing a more specific word changed their your understanding of the feeling and look at other feelings you would like to feel instead.

	1st check-in	2nd check-in	3rd check-in	4th check-in	5th check-in
First feeling					
Middle feeling (2nd set)					
Accurate feeling (3 set)					