

# Feelings Wheel & Feelings Identification

Created in collaboration with Clinical Registered Social Worker [Shelley Lord, MSW, RSW](#)

Understanding and naming our feelings is an important part of taking care of ourselves. Sometimes emotions feel big or confusing, and it's not always easy to know exactly what we're feeling. When we learn to identify our feelings, we can better understand ourselves, communicate with others, and make healthy choices.

**The Feelings Wheel** is a helpful tool that shows many different emotions. It can help you find the word that best matches how you feel. By exploring the wheel and checking in with your emotions, you'll become better at recognizing what's going on inside-and that's the first step toward feeling better and getting the support you need.



[Check out the Feelings Identification Guide](#) ✓

## Feelings Identification Guide

1. Explore the Feelings Wheel: Take a look at the feelings wheel below. It can help you find the word that best describes how you feel right now.
2. Identify Your Feelings: Use the wheel to help you answer the questions below:
  - a. Which feeling(s) am I experiencing right now?
  - b. Where do I feel this emotion in your body? (For example: chest, stomach, head, shoulders).
  - c. On a scale from 1 to 10, how strong is this feeling right now?
  - d. What happened to make me feel this way?
  - e. How did I express this feeling? Did I talk about it, keep it inside, show it on my face, or did something else?

## Insight Timer Practice:



[Awareness of Emotions Meditation](#)



[Releasing Hurt And Held Emotions](#)



## Want to increase your emotional self-awareness?

Use our Mood Check-In feature to record how you're feeling each day, spot patterns in your moods over time, and better understand the positive and negative factors in your daily life.