



Jami & Marla Keller

Intimacy Mentors and Relationship Coaches
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WELCOME TO THE *FEELING WHEEL 5.0*

The three feelings in the middle of this wheel, *Shame*, *Forgiveness*, and *Love*, represent the inner conflict that we all have to face. Are we lovable and loving, or shame-based? *Shame* is the only toxic emotion on the *Feeling Wheel 5.0*.

The goal of this wheel is to drain the shame out of the middle by using the tool of forgiveness. By forgiving the people and situations that have resulted in "Northside" emotions, you drain the shame out of the middle of the wheel and this keeps it from sticking to other emotions. When this happens, *Shame* turns into *Rejection* first (*Rejection* is a non-toxic feeling--we all experience rejection off and on), and then it actually becomes *Love*. This creates a dynamic in your life where none of your feelings are toxic, and you are able to build better boundaries.

Forgiveness is not a one-time thing nor is it just saying "I forgive you/this." It requires that you identify what was broken, as well as the feelings around the situation. The first step is to simply track what you're feelings two or three times a day. Please list three feelings and who you're with and what you are doing as you track your emotions in your journal, or in a separate notebook or Smartphone note app.

The six feelings outside the core three represent modes. Modes are pathways in the brain that we develop very early in life, some while we are still in the womb. We learn half of all that we ever learn by the time we are two years old, and many modes are set by then. And those modes remain until we purposely change them.

The foundation of all healthy communication is this tool, our *Feeling Wheel 5.0*. Using it multiple times a day will transform your life!

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