

The Emotions Wheel:

A Tool for Naming What You Feel



Sometimes the hardest part of feeling something is finding the word for it. You might know you feel off, but not why, or not exactly what "off" means.

This wheel can help. There's no right or wrong place to land, and some days more than one word will fit. The point isn't getting it exactly right, it's giving yourself, or someone you love, a way to talk about what's going on inside, instead of getting stuck on "fine" or "I don't know."

How to use it

- Start in the middle and ask which core feeling is closest right now
- Work outward to find a word that feels more specific
- Use it with your kids, your partner, or on your own when you're trying to work out what's going on for you
- There's no need to get it exactly right. Even landing near the feeling can open up a conversation

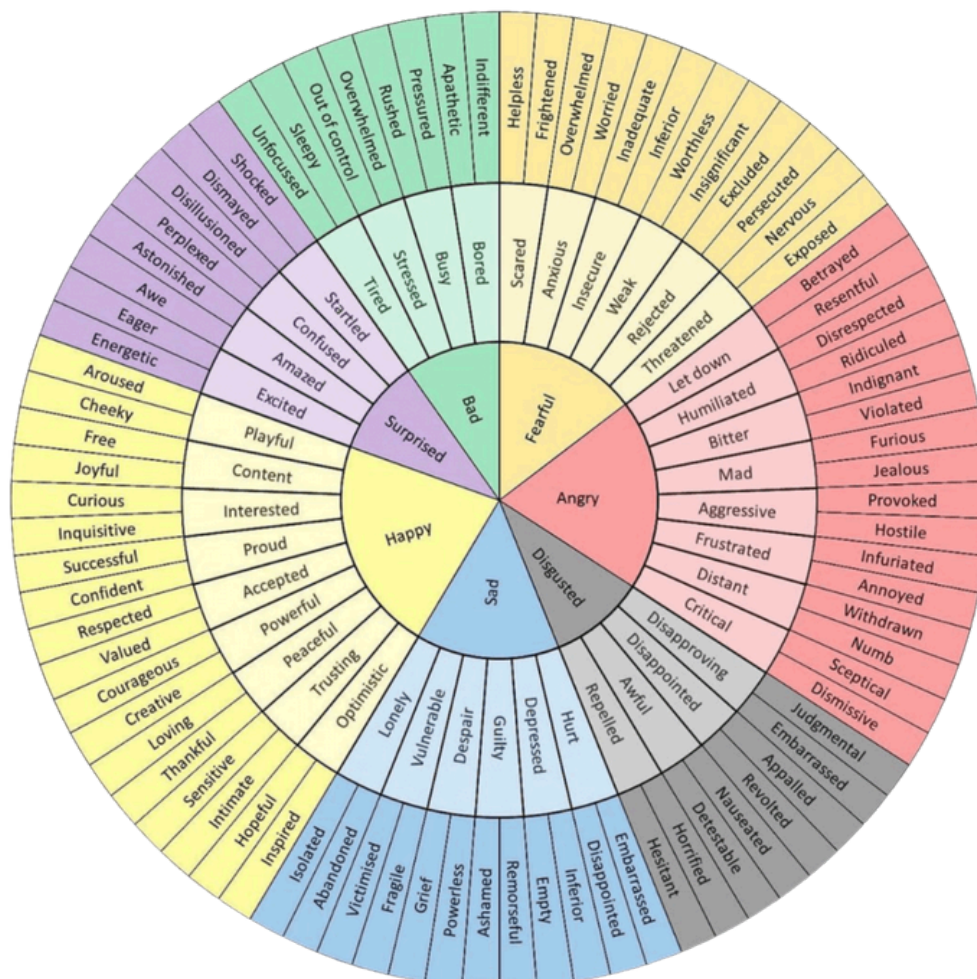


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Disclaimer: This wheel is a tool to help you reflect on and name what you're feeling. It isn't a diagnostic tool, and it isn't a substitute for support from a qualified professional. If you're finding it hard to work through what you're feeling on your own, reaching out for support is always a good option.