

How to use the Feelings Wheel

Use the wheel to explore the emotions you are feeling at any given moment. For instance, after a nice conversation with someone, you notice a general feeling of joy. Using the wheel you may ask yourself; what kind of joy am I experiencing right now? Can this feeling best be described as excitement, creativity, cheerfulness, etc.?

At the end of the day, take a moment to contemplate and look at the wheel. What did you experience today?

Maybe, at some point during the day, you felt guilty.

Once you find “guilty” on the middle band of the wheel, you can see that the associated core feeling (nearer the centre) is “sad”, and the more specific, nuanced feeling (on the outer band) is “remorseful”.

The wheel can also be used to explore deeper and longer-term emotions that may be impacting you. For instance, maybe you have been feeling scared over the last several months, since the time you lost your job. By going to the core feeling “scared” on the inner band of the wheel, you can look at the two outer bands for feelings associated with “scared” to try to unveil the more detailed, nuanced emotions you are experiencing. You might conclude that you are more specifically feeling rejected and insecure. This can be an important insight that can help you to take specific actions towards a desired goal.



