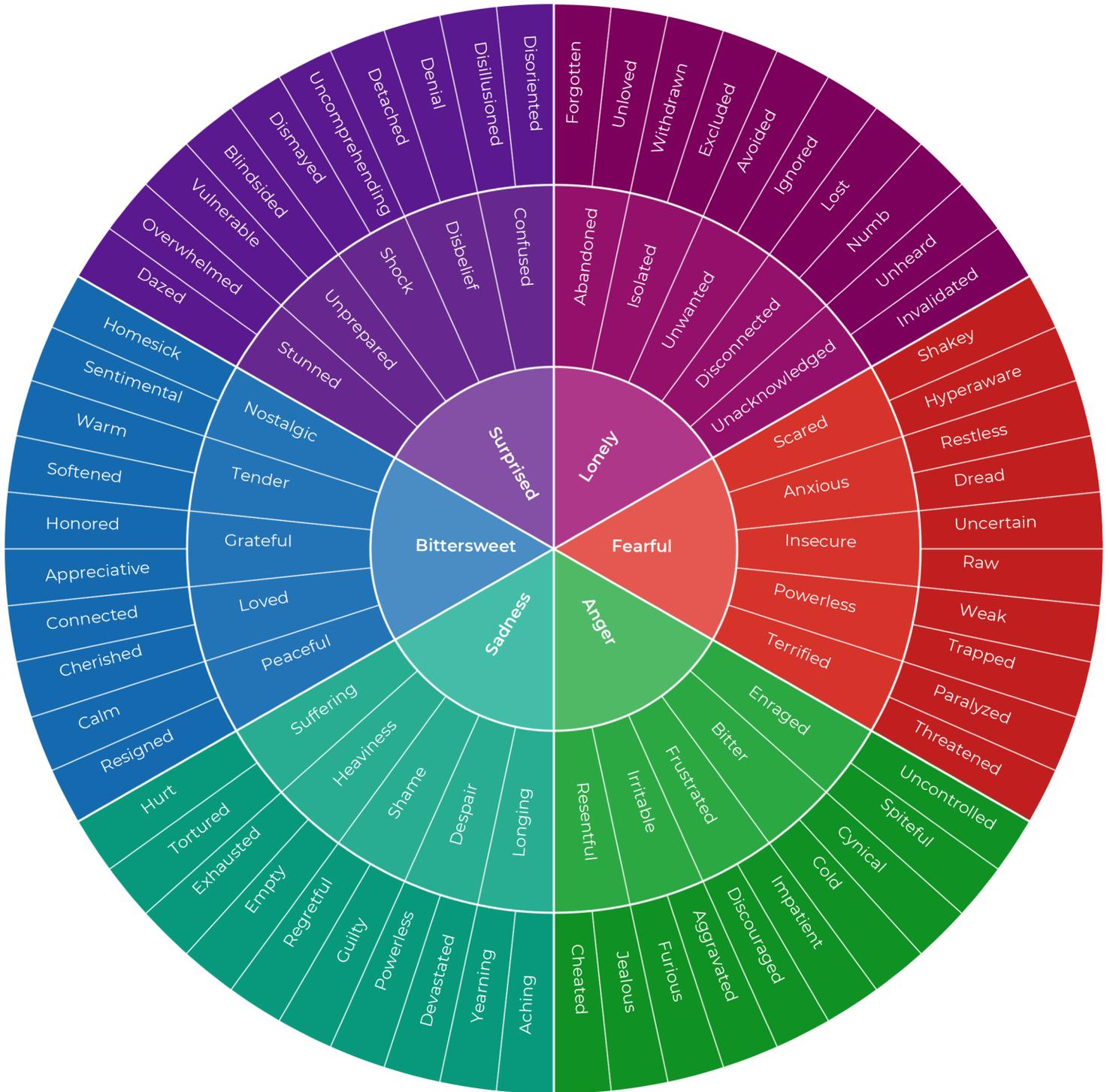


The Feelings Wheel for Grief



What Is the Grief Feelings Wheel?

Grief is complicated. It's not just sadness. It's anger, fear, numbness, longing, and a whole mix of emotions that can shift from one minute to the next. The Grief Feelings Wheel is a tool to help you figure out what you're feeling when everything is too much, or when you feel nothing at all.

How Can This Help You?

- It gives words to your emotions. When grief feels like a storm, naming your emotions can help you process them instead of feeling lost in them.
- It validates what you're feeling. This wheel reminds you that whatever emotion you're experiencing- rage, despair, emptiness, even moments of peace- is normal in grief.
- It helps you track how grief shifts. Your emotions may change daily (or even hourly). Using this tool over time can help you see patterns in your grief.
- It can help you communicate your grief. If you struggle to explain what you're feeling to others, this wheel gives you the words to express it.

Why This Matters

When everything hurts or feels foggy, finding the right word can make it just a little more bearable. You don't have to fix what you're feeling. You don't have to push yourself to be better. You just have to know what it is. That's enough.

Grief doesn't follow rules. There is no one way to do this. The Grief Feelings Wheel is here to help you understand what's happening inside, not to change it, not to rush it, just to witness it.

How to Use the Grief Feelings Wheel

- Pause for a moment. Ask yourself what you're feeling right now.
- Start in the center of the wheel and move outward. You might not find the exact word for what you're feeling, and that's completely fine. Just look for something that feels close.
- Look around that feeling. Emotions in grief are rarely simple. If one word feels close, see what else is nearby.
- Say it. To someone else, in your journal, or just quietly to yourself. Sometimes naming it is enough.