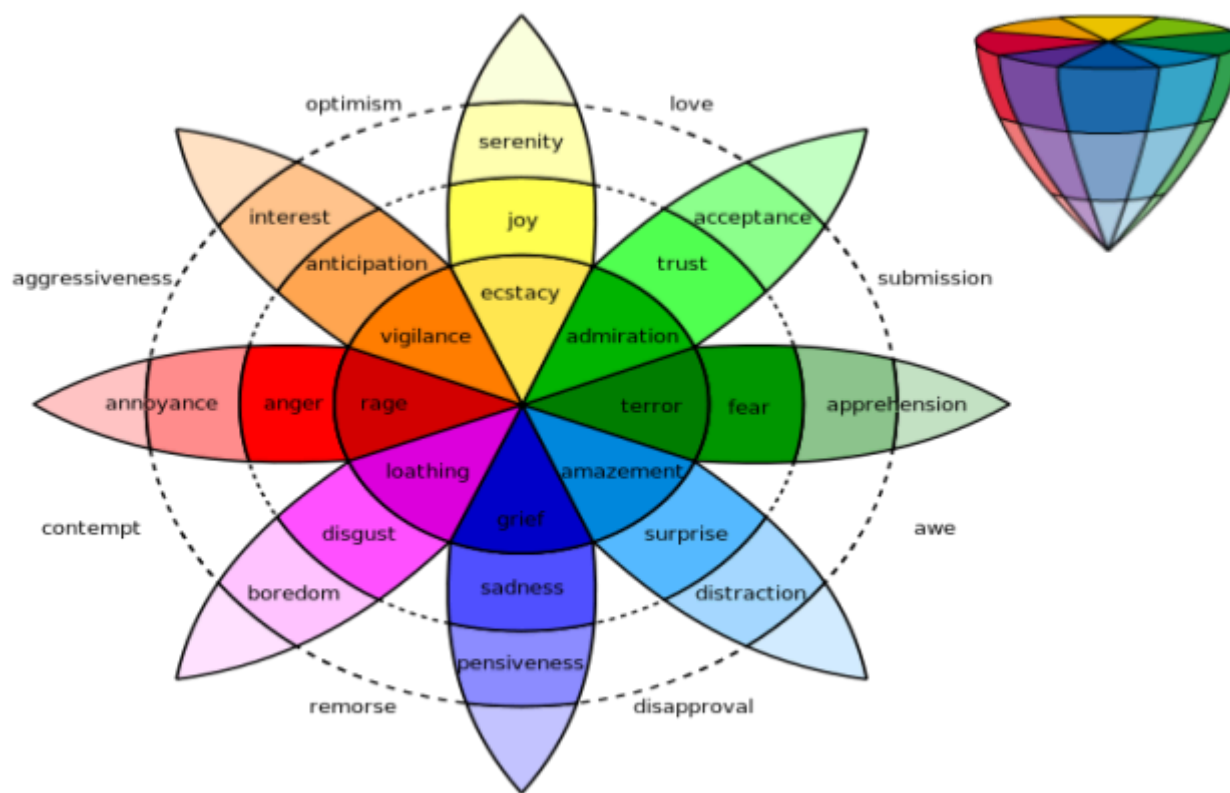


Self-Discovery Worksheet

The Feeling Wheel



A feeling wheel is a very helpful coaching tool. This feeling wheel is based on Plutchick's three-dimensional model. The eight sectors indicate the eight primary emotional dimensions shown across from their opposite emotion. The use of color helps to show the gradations of feelings. The emotions in the blank spaces are secondary feelings, mixtures of the primary emotions. The small vertical cone represents emotional intensity. *Suggested uses:*

First identify the issue you are dealing with; next drill down to the feeling(s) associated with your issue. The next step is to find the feeling directly opposite the feeling you identified. If the opposite feeling is a positive emotion, is it one you can recall experiencing in your own body? Some people like to re-experience the positive emotion to shift perspective. Unmet needs: Identify your emotions and be still. There may be an unmet need involved (security, safety, attention, respect, support, etc.). If appropriate, you can work with your coach on how to address this with the right person.

I am feeling _____ it could mean I need _____.

At the Heart of Leadership: How to Get Results with Emotional Intelligence, Freedman, J. and Salovey, P. 2012 Six Seconds.