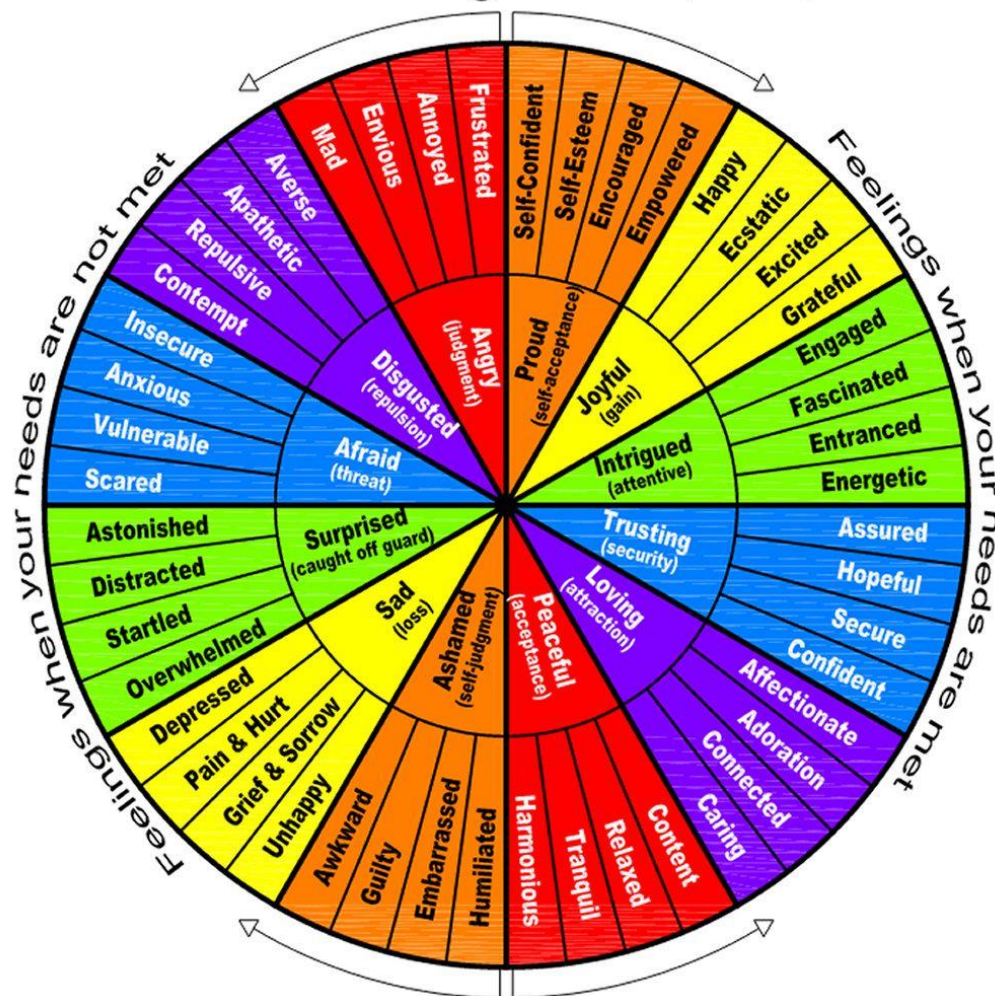


Feelings Wheel (small version)



The range of emotions we feel (sometimes all at once) can be confusing and enormous. It may be difficult to differentiate between them, to name what is being experienced in the moment. However, when we delve deeper, all feelings can be linked to 6 or 7 core emotions. If you find regulating and identifying your emotions to be a struggle, look at the wheel to see if this helps provide some clarity. Perhaps a lot of what you're feeling is linked to one core emotion? Or maybe you're experiencing much more than the same feeling each time? This insight might even help guide you to feel less overwhelmed.

HERE'S HOW IT WORKS:

1. To seek a deeper understanding and to identify the broad range of feelings we can experience... When a feeling starts to arise, look at the wheel, start with the inner-most wheel and move outward, moving from the core feelings toward any associated feelings that might be coming up for you.
2. When overwhelmed by a multitude of feelings. You can move from the outside in, identifying the associated feeling first and then making your way toward the core emotion. Don't necessarily "hunt" for the right word. Rather, as you look, notice which words resonate with you.