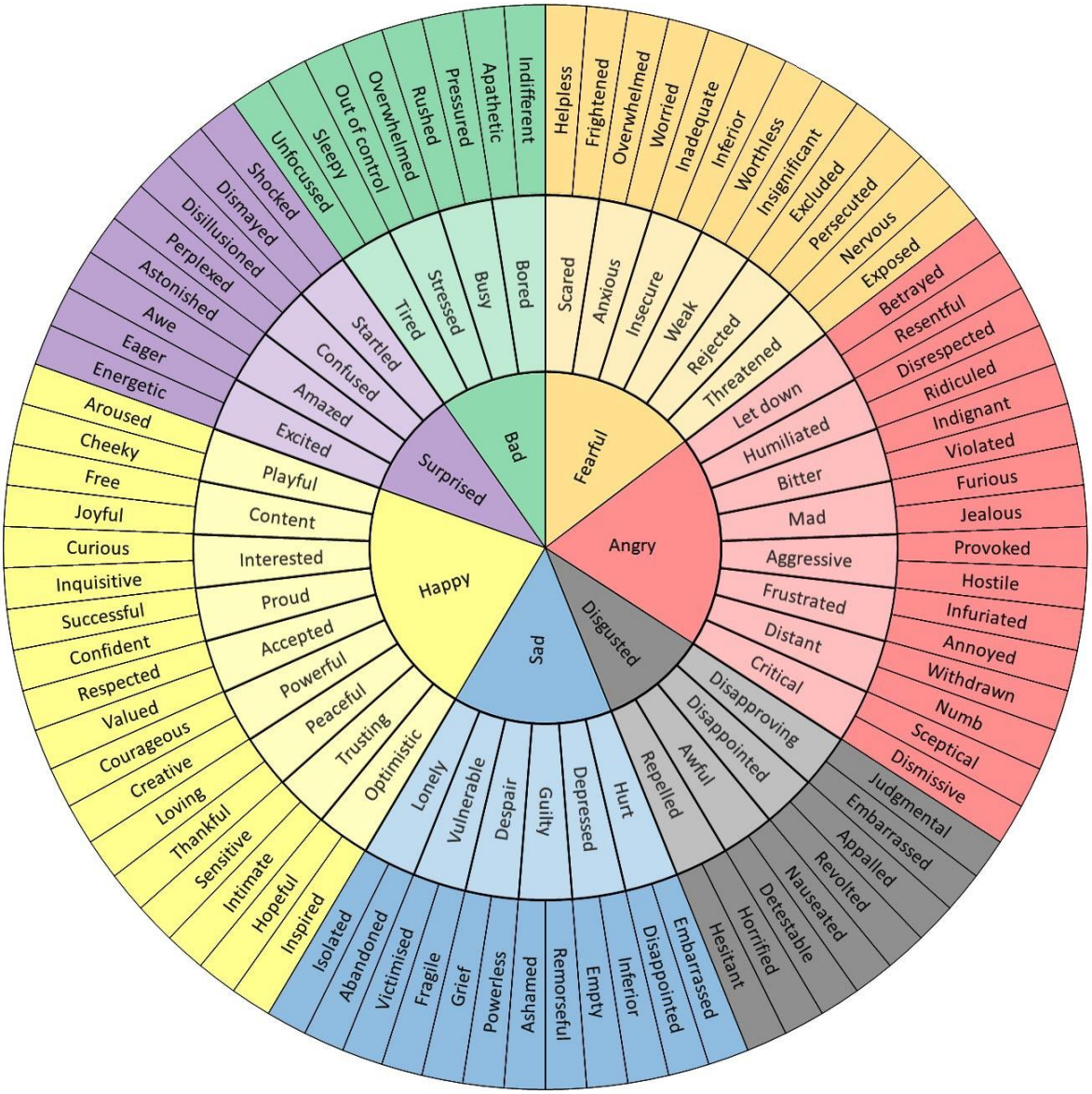
Faithfully Growing

The Feeling Wheel

The Feeling Wheel, developed by Dr. Gloria Wilcox might be a useful tool to increase your emotional intelligence and awareness. You can investigate feelings related to what you're feeling at the moment, or examine the feelings at the opposite end of the feeling to see how you might transform or alchemize your experience.