The Emotion Wheel

NAME IT. UNDERSTAND IT. HONOR IT.

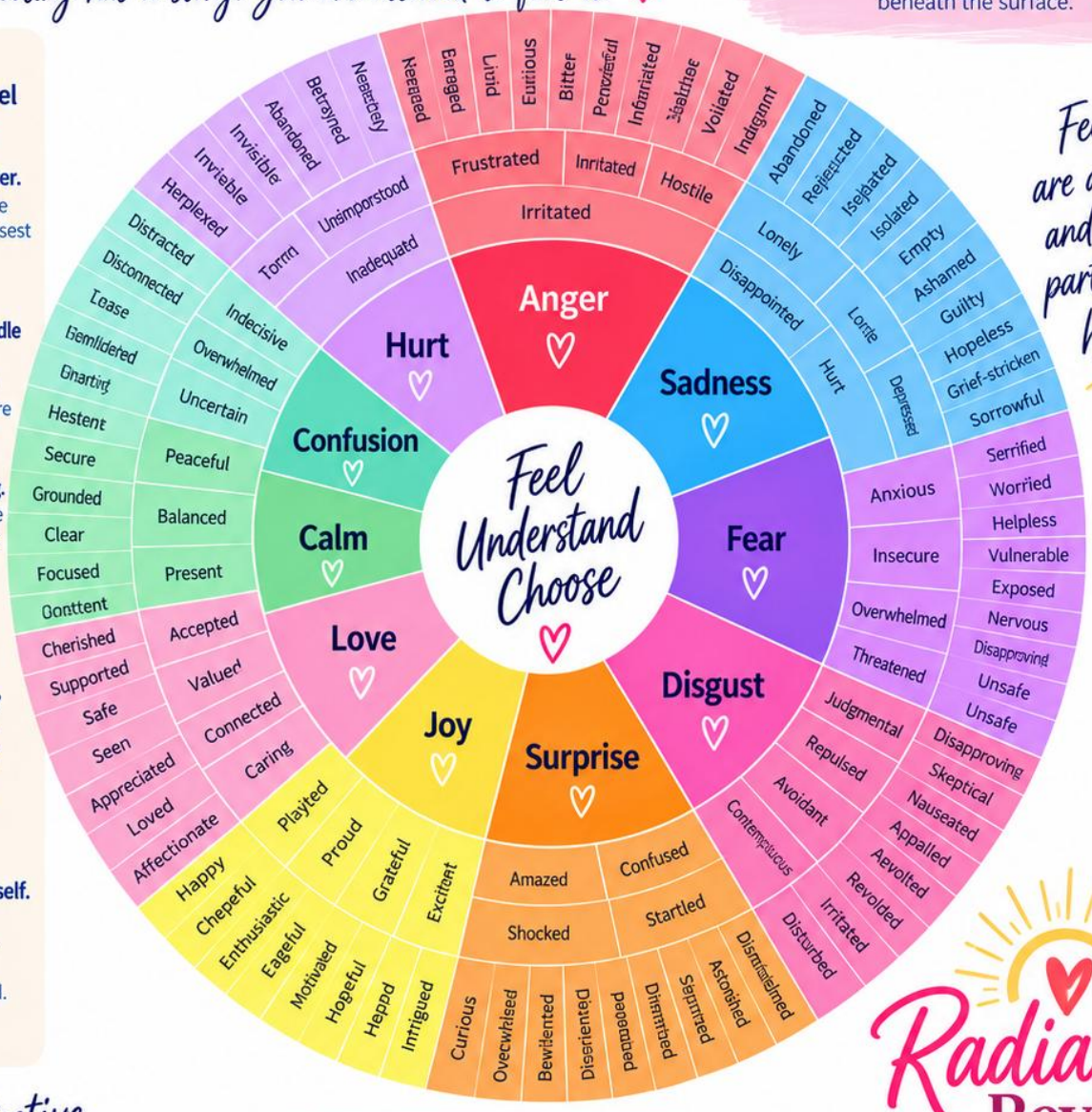
Every feeling has a story. You are allowed to feel it.

Feel it. Be curious. Be kind.

Your emotions are not too much.
They are information, not a problem.
They help you understand what you need, what matters to you, and what's happening beneath the surface.

How to Use the Emotion Wheel

1. **Start in the center.** Notice which core emotion feels closest to what you're experiencing.
2. **Move to the middle ring.** Explore the next layer to find a more specific emotion.
3. **Go to the outer ring.** Find an even more precise word that fits what you're feeling.
4. **Get curious.** Ask yourself: What happened? What might this feeling be trying to tell me? What do I need right now?
5. **Be kind to yourself.** There are no wrong answers. All of your feelings are valid.



Feelings are a normal and healthy part of being human.

Be the detective, not the judge.

Awareness creates space. And space creates choices.

Radiance Revival

HEAL • GROW • BELONG • SHINE

Your Light is Waiting to Shine