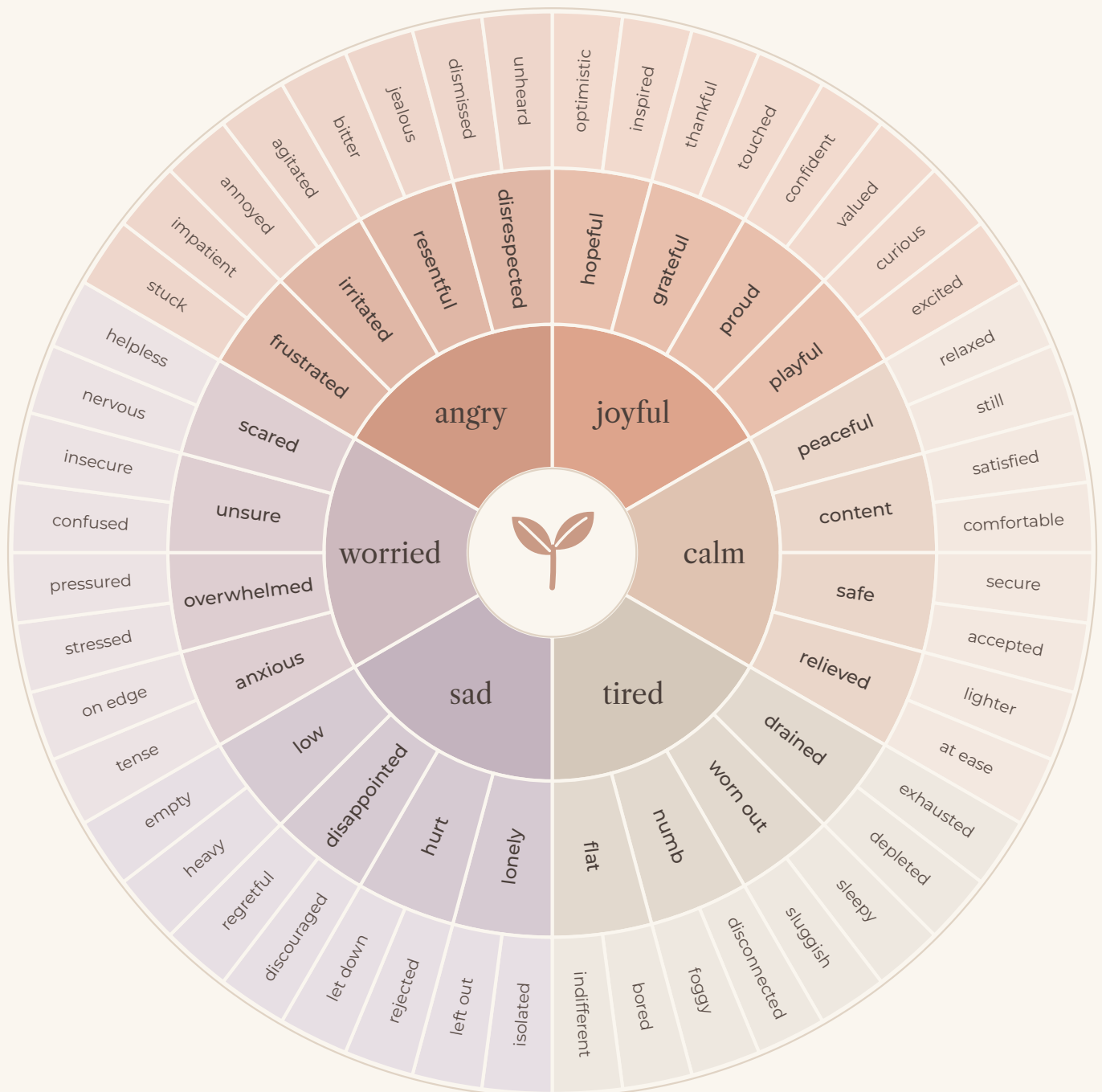


The *Feelings* Wheel

Your guide to emotional clarity.

The feelings wheel is a practical tool for identifying and naming emotions with greater precision. Use it to build self-awareness, make sense of what you are experiencing, and communicate your feelings more clearly.



Start in the centre and move outwards to find a word that fits. Turn the page for ways to use it.

How to Use the *Wheel*

Simple steps towards greater self-awareness.

1

Pause

Take a slow breath and turn your attention inwards for a moment.

2

Start in the centre

Choose the feeling that seems closest. A rough guess is fine.

3

Move outwards

Look at the words around it. Is there one that fits a little more closely?

4

Notice your body

Where do you feel it? Perhaps a tight chest, heavy shoulders or a warm face.

5

Be curious, not critical

There are no good or bad feelings. Each one makes sense in some way.

6

Come back to it

Feelings shift. Check in again later and notice what has changed.

Reflect and *write*

Right now I *notice*...

Use the wheel to find one or two words.

In my *body*, I feel it...

Where does it sit, and what does it feel like?

This feeling might be telling me...

What could it be pointing to or asking for?

Something kind I can *do* with it...

A small step, a pause, or someone to talk to.

Try saying it

I feel _____ when _____

and I need _____

Adapted from The Feeling Wheel by Gloria Willcox.

This resource is for general reflection and is not a substitute for professional support. Therapy sessions are not for emergencies.

For immediate crisis support or urgent medical care, please contact your local emergency services.