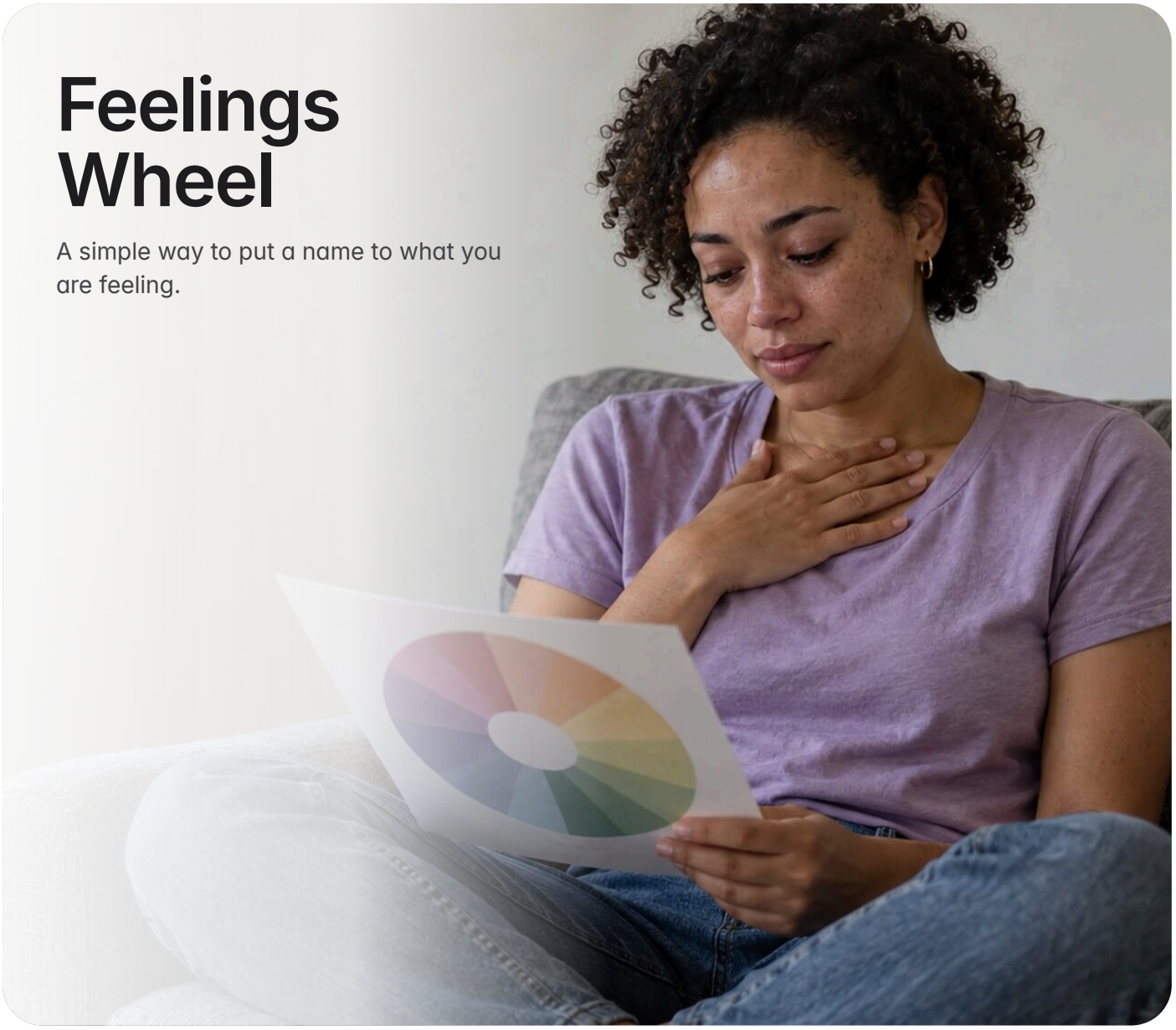
Feelings Wheel

A simple way to put a name to what you are feeling.



WHY NAME A FEELING

When a feeling has a name, it is easier to understand and easier to talk about. The wheel starts with six broad feelings in the middle and moves outward to more exact words.

FOUR SMALL STEPS

Start	Begin at the center with the feeling closest to yours.
Narrow	Move outward to a more exact word.
Notice	Mark where you feel it in your body.
Choose	Pick what you need right now.

The wheel
72 feeling words in three rings.

Feelings chart
The same words as a list, with a short meaning.

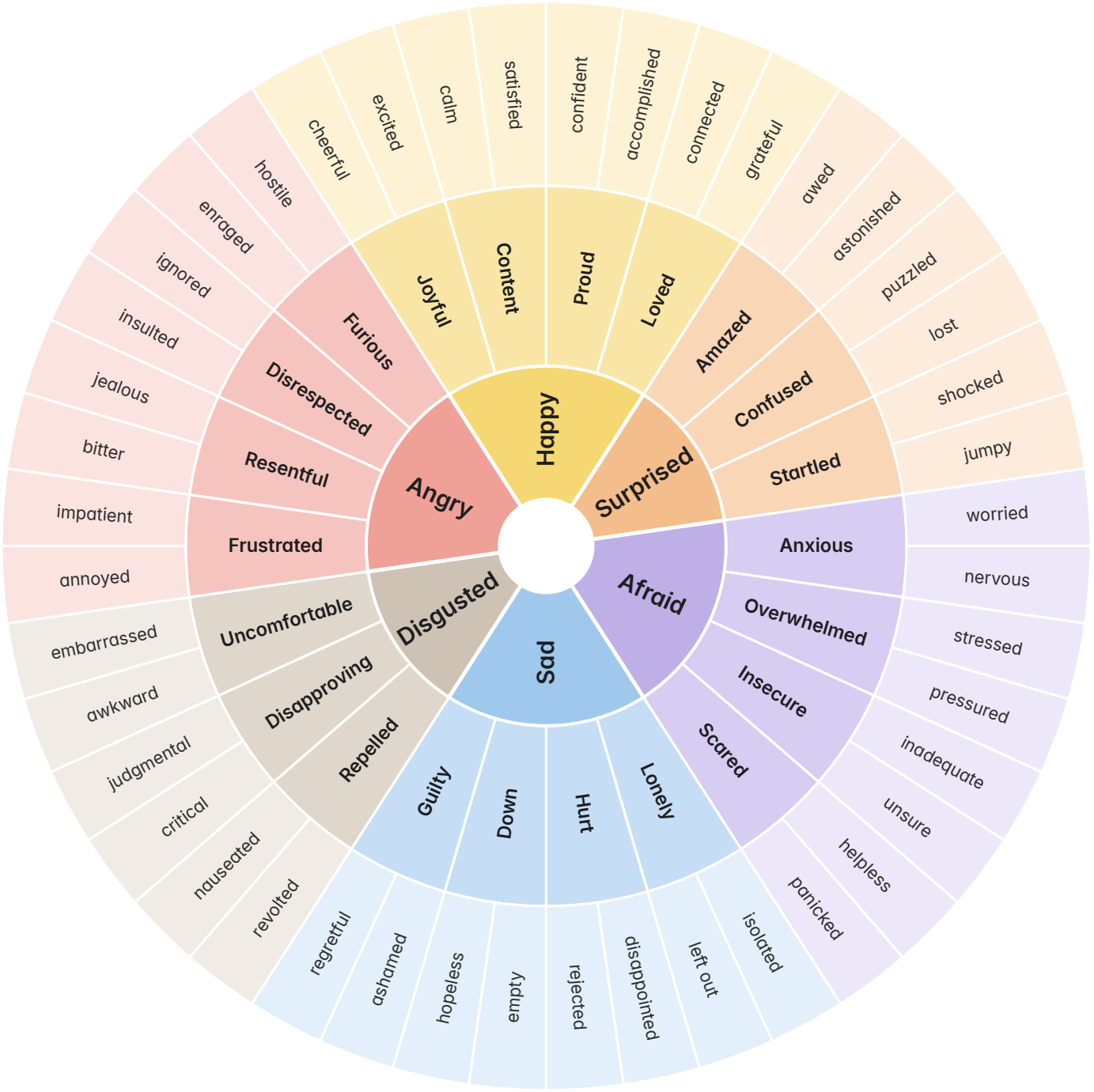
Name it
A one page check-in, with a filled example.

Looking back
See your check-ins side by side.

There are no wrong words. If two words fit, write both. Feelings can be mixed.

Feelings Wheel

Start in the center. Move outward to find a more exact word.



1 Center
Which of the six is closest?

2 Middle
Which word fits a little better?

3 Outside
Is there an even more exact word?

THE WORD THAT FITS TODAY

Feelings chart

The same words as the wheel, grouped by the six core feelings. Bold words are a little more exact. The small words are the most exact.

Happy	Surprised	Afraid	Sad	Disgusted	Angry
Things feel good, safe or worth it.	Something unexpected just happened.	Something feels uncertain or unsafe.	Something is missing, lost or not going the way you hoped.	Something feels wrong, unpleasant or off-putting.	Something feels unfair, blocked or crossed a line.
Joyful cheerful, excited	**Amazed** awed, astonished	**Anxious** worried, nervous	**Lonely** isolated, left out	**Repelled** revolted, nauseated	**Frustrated** annoyed, impatient
Content calm, satisfied	**Confused** puzzled, lost	**Overwhelmed** stressed, pressured	**Hurt** disappointed, rejected	**Disapproving** critical, judgmental	**Resentful** bitter, jealous
Proud confident, accomplished	**Startled** shocked, jumpy	**Insecure** inadequate, unsure	**Down** empty, hopeless	**Uncomfortable** awkward, embarrassed	**Disrespected** insulted, ignored
Loved connected, grateful		**Scared** helpless, panicked	**Guilty** ashamed, regretful		**Furious** enraged, hostile

MY WORDS

Words I use most

Words I want to use more

Words of my own to add

DATE
Tuesday, March 10

TIME
4:30 pm

1 What happened

Just the facts, a sentence or two.

My manager moved my review meeting to Friday and did not say why.

I kept replaying it all afternoon.

2 The word I picked

Start in the center of the wheel, then go outward.

CORE FEELING

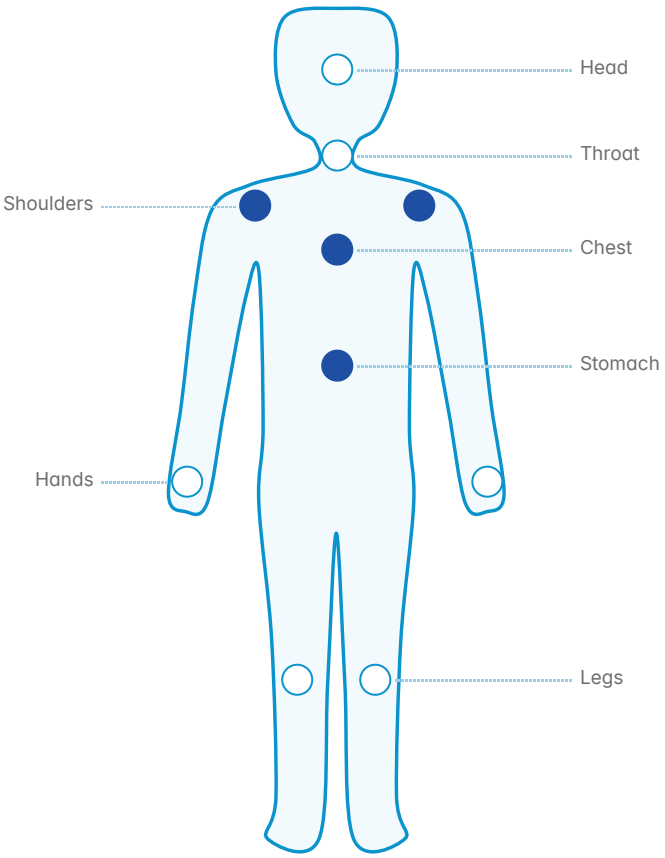
Happy | Surprised | **Afraid** | Sad | Disgusted | Angry

MORE EXACT WORD
Anxious, maybe worried

ANOTHER WORD THAT FITS
Frustrated

3 Where I feel it

Fill the spots that apply.



4 How strong

One dot is a little, four is a lot.

A little ● ● ● ○ A lot

5 What I need now

Pick any that fit.

Rest | **Talk** | Space | **Move** | Comfort | Help

SOMETHING ELSE
Text Sam after work

6 Afterward

An hour or so later.

How strong now ● ○ ○ ○

WHAT HELPED
A walk, then talking it through with Sam.

DATE

TIME

1 What happened

Just the facts, a sentence or two.

2 The word I picked

Start in the center of the wheel, then go outward.

CORE FEELING

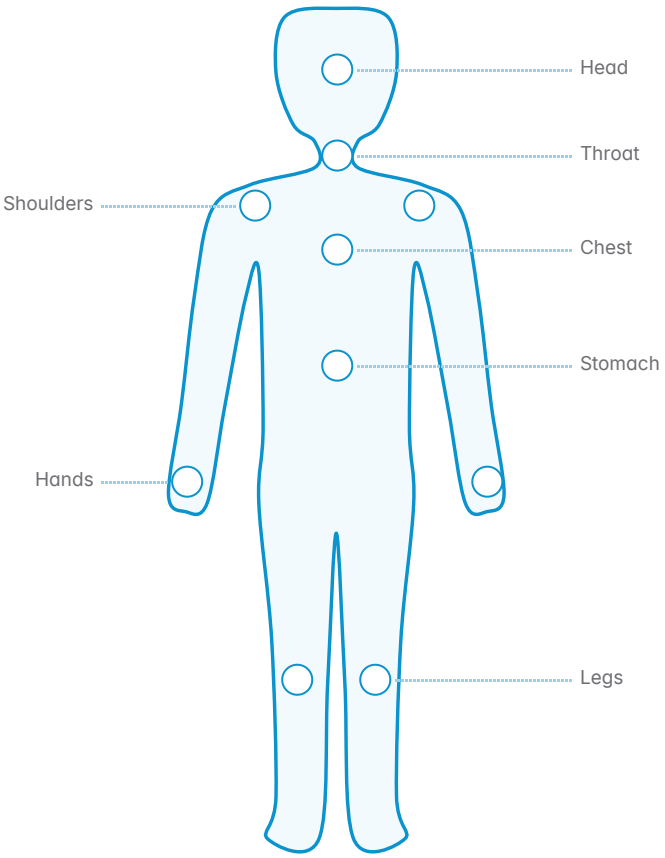
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MORE EXACT WORD

ANOTHER WORD THAT FITS

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A little ○ ○ ○ ○ A lot

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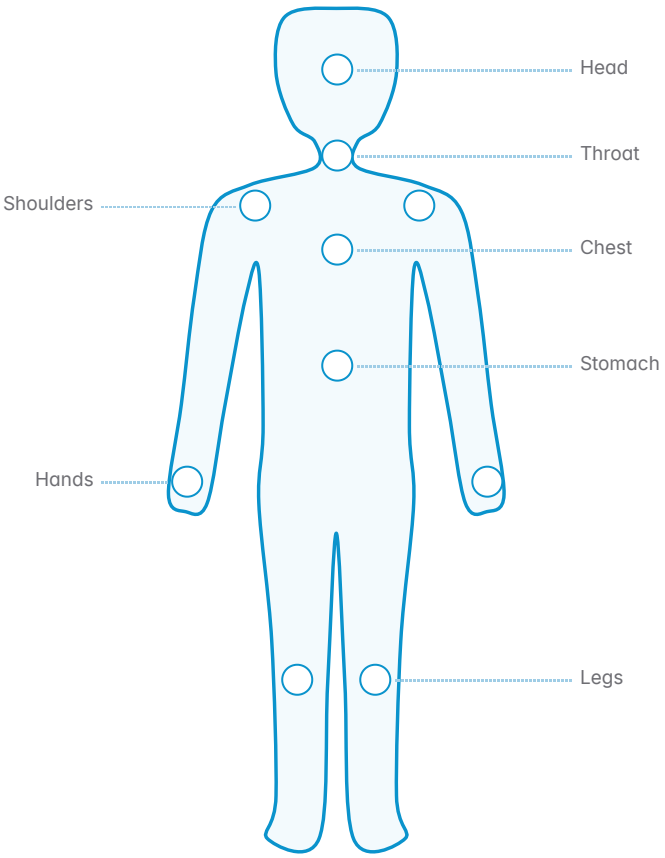
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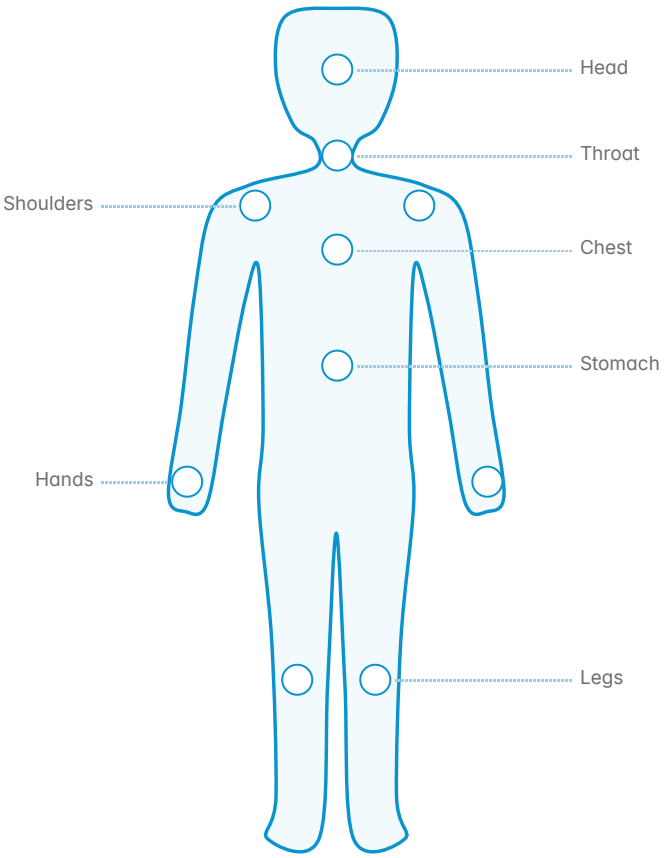
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An hour or so later.

How strong now ○ ○ ○ ○

WHAT HELPED

Looking back

Once a week or so, copy your check-ins here. Patterns are easier to see side by side.

1 My check-ins

One row for each time you named a feeling.

DATE	THE WORD I PICKED	STRENGTH (1 TO 4)	WHAT HELPED

FEELINGS THAT CAME UP MOST

WHAT OFTEN CAME BEFORE THEM

FOR MY NEXT APPOINTMENT

Feelings or patterns to talk about with my doctor, therapist or care team.