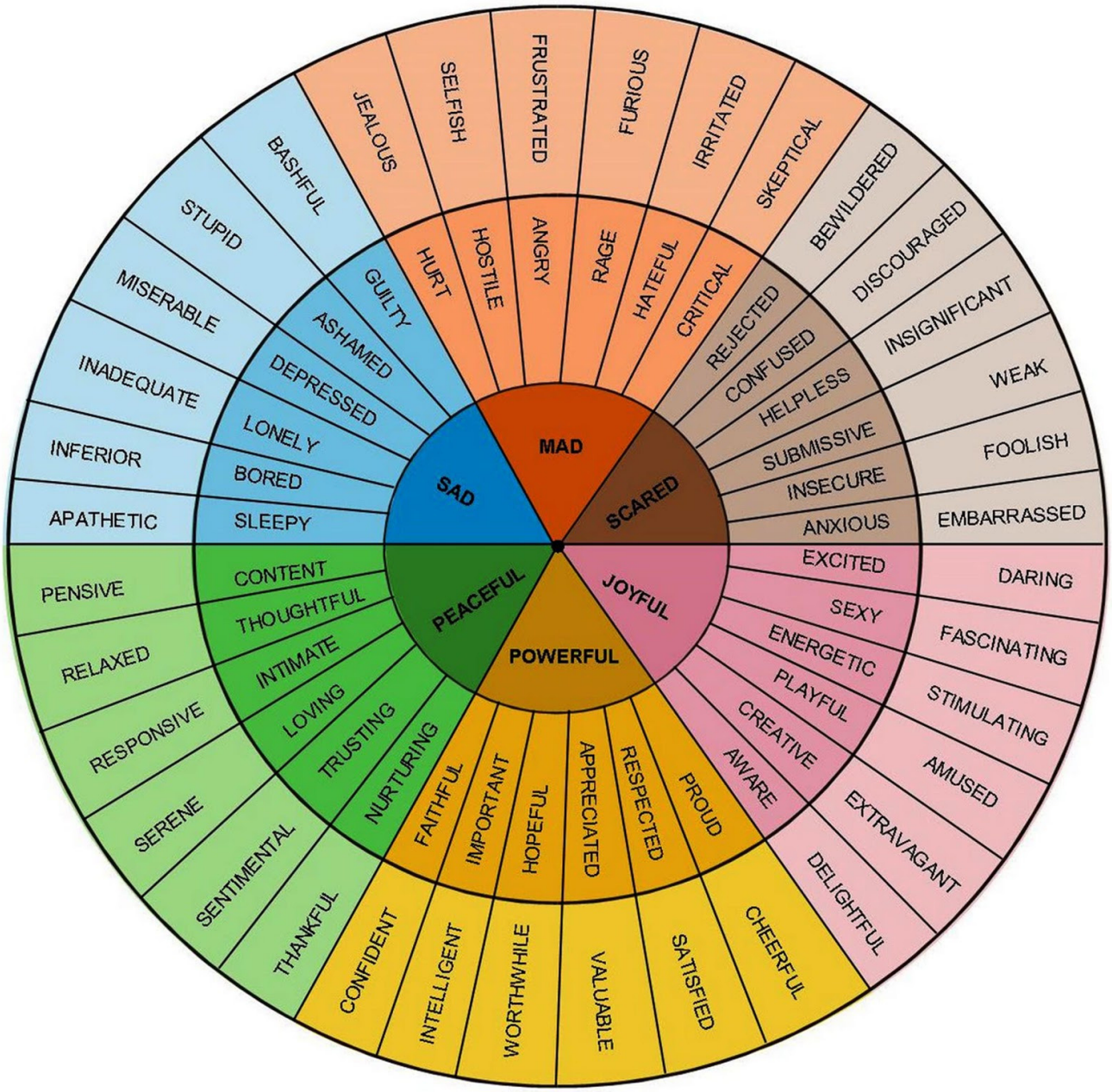
FEELINGS WHEEL

A TOOL FOR UNDERSTANDING EMOTIONS

The Feelings Wheel can help people recognize and communicate what they are feeling. The inner circle is labeled with names of primary feelings (mad, sad, scared, joyful, powerful, and peaceful). The outer rings contain names of secondary feelings related to the primary ones. Use the Feelings Wheel to describe how you're feeling.



Source: Feeling Wheel from Willcox, Gloria (1982): “The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy”