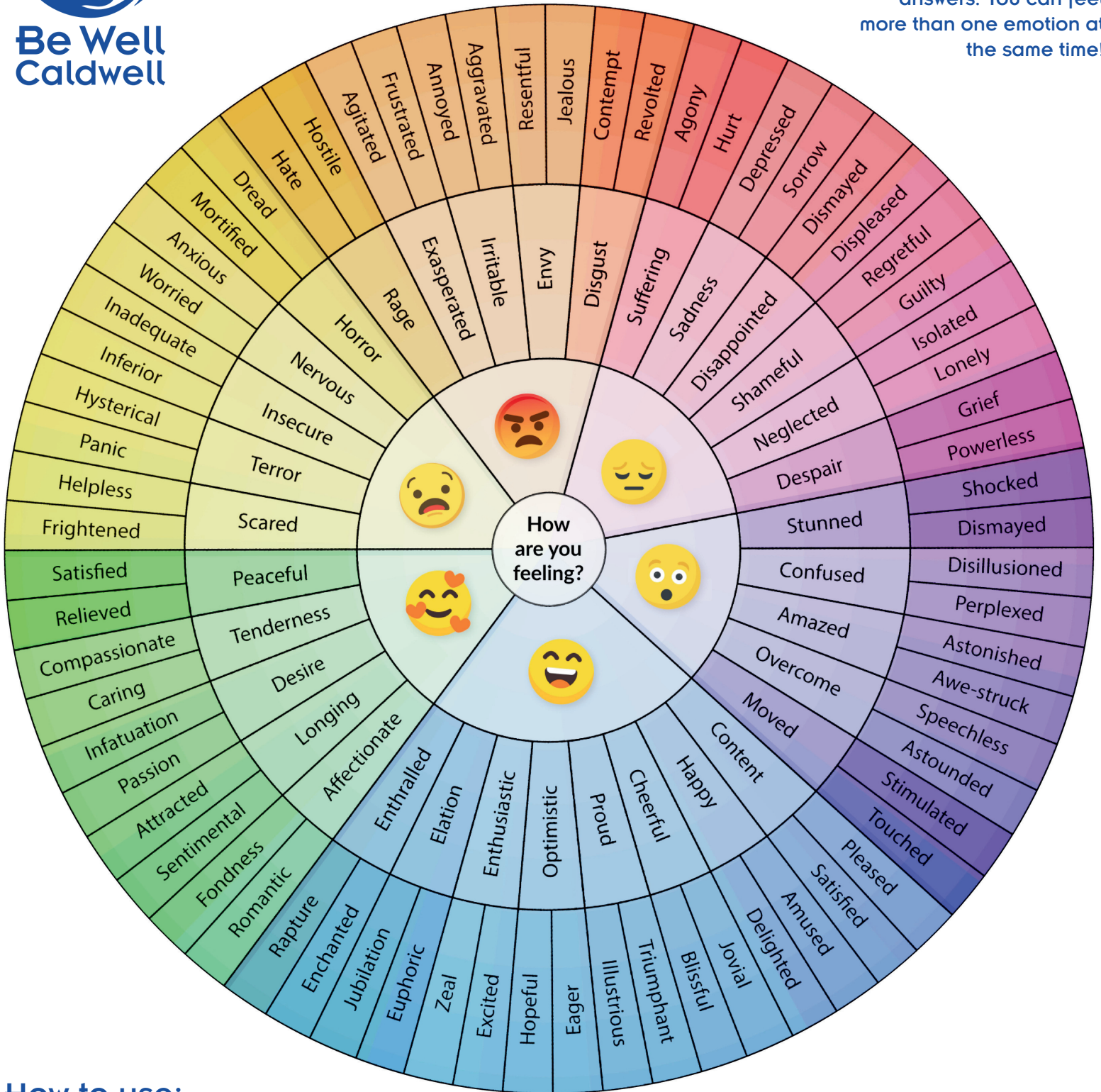




Feelings Wheel

A feelings wheel is a tool that helps you identify and name your emotions. There are no right or wrong answers. You can feel more than one emotion at the same time!



How to use:

Start in the center & move outward to find a more specific word that fits your feeling. Name your feeling. Say it, write it down, or simply notice it. Update your chart daily or as your emotions change. It's okay to not be okay and to feel whatever you feel.

P.S. Laminate me - Use a dry erase marker and put a dot, star, or check mark on your feeling!
Put me on the fridge - use small magnets to identify your feelings

Feelings Wheel design made by Bearable App

Resources & More

