

The Feelings Wheel

The Feelings Wheel created by Dr Gloria Willcox can help us put our feelings into words. There will be times when our emotions can be very nuanced and we can't quite articulate our feelings or recognise the emotions we are experiencing. By using the Feelings Wheel we can help ourselves to understand our experiences and emotional state, express ourselves more effectively and offer us a bit more clarity to name our feelings.

If you start in the centre of the wheel and work your way outwards identifying which feelings resonate most with your emotions.

