

The Feelings Wheel

A feelings wheel is a visual tool that can help you identify and express your emotions. It is typically arranged in the shape of a circle, with different emotions arranged around the circumference stemming from the core emotions in the centre.

You can use a feelings wheel to help you understand and communicate your emotions. For example, if you are feeling overwhelmed and are having trouble putting your feelings into words, you can use the feelings wheel to identify which emotions you are experiencing. Feelings are a great tool to understand what is happening and get to the layer of our beliefs and needs in situations.

