

The Feelings Wheel

Feelings Wheel Explained

Sometimes it can be difficult to put words to what we are feeling internally. Being able to understand what we are emotionally feeling helps us understand ourself and communicate our needs to others. Use the Feelings Wheel to help label your emotions and build your emotional literacy.

Tips About Feelings

- We can experience multiple emotions at the same time
- Emotions can feel confusing when we have opposite emotions at the same time (excited and scared, worries and hopeful)
- No emotion is bad or wrong

