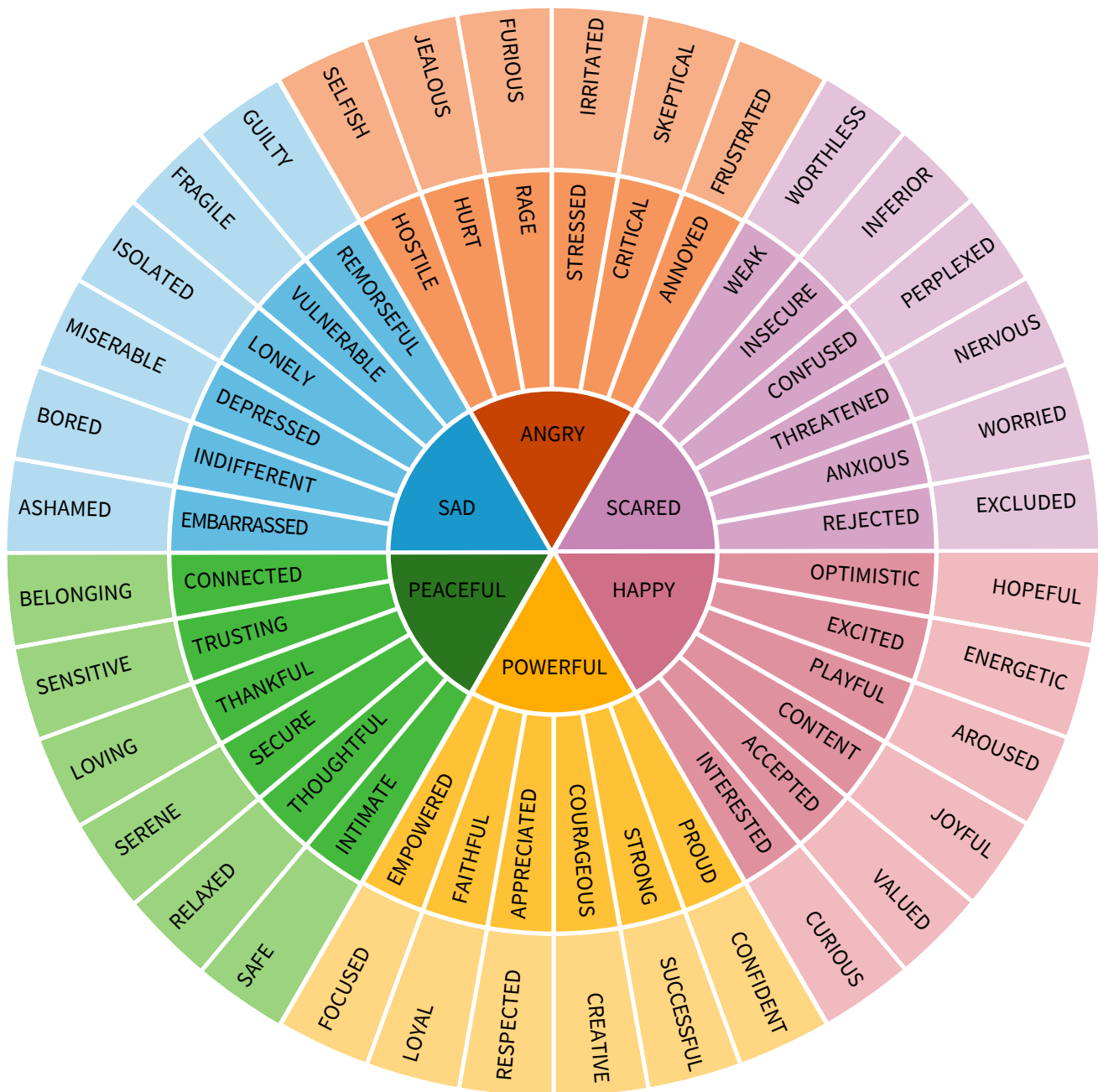


# The Feelings Wheel

Gloria Willcox, 1982



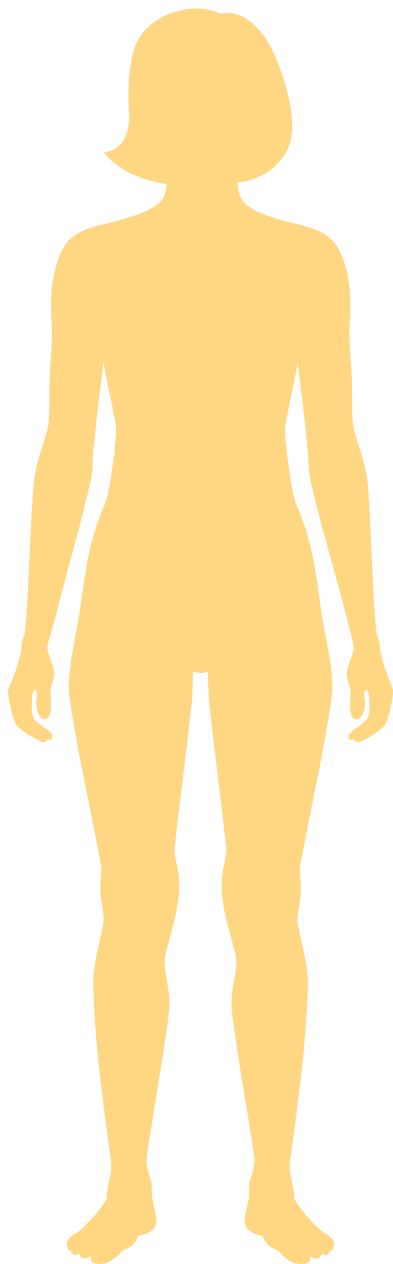
This tool is designed to help you describe your feelings with more accuracy.

The feelings identified here are not a complete overview of all possible feelings and emotions. Instead, they can be treated as a starting point to describe and identify how you are feeling.

# Feelings Body Scan

Take a few deep breaths and close your eyes. Become aware of your 5 senses (sight, sound, smell, taste, touch/feel). Identify where you feel the feeling in your body and notice any sensations that arise.

Begin at the top of your head and end at the bottom of your toes;



Is my jaw clenched?

Is my neck stiff?

Are my shoulders raised?

Am I taking shallow breaths?

Is my tummy fluttering?

Is my back tight?

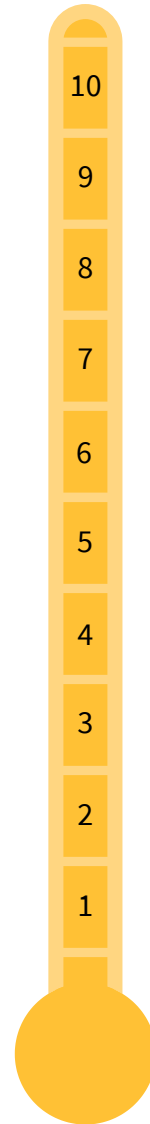
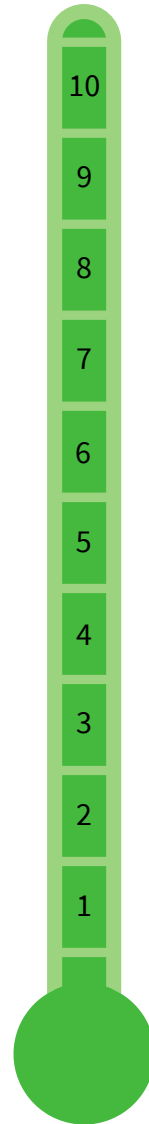
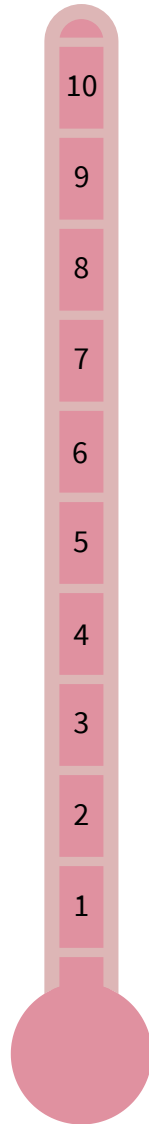
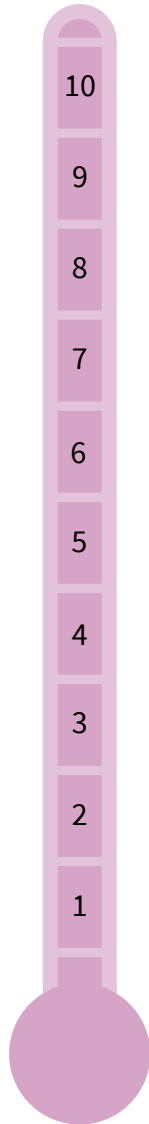
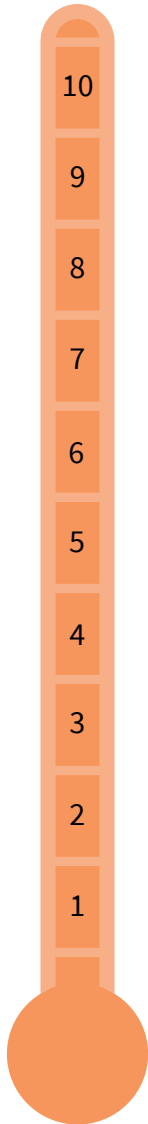
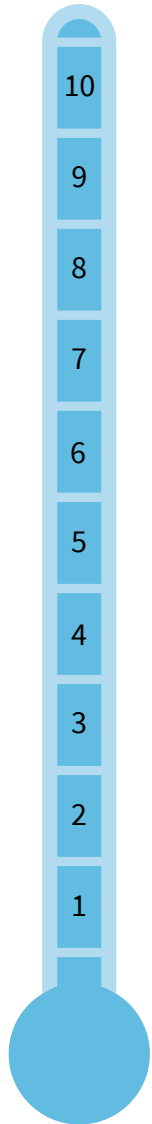
Are my fists clenched?

Am I holding any tension that I need to release?

Stretch, move, massage, shake or breathe into the areas of your body that are holding tension.

# Gauge Your Feelings

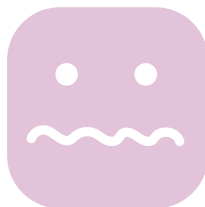
Use the thermometers to gauge your feelings in each of the 6 key areas. Then, look at your Feelings Wheel. Can you identify any relatable feelings?



SAD



ANGRY



SCARED



HAPPY



PEACEFUL



POWERFUL

# Feelings Iceberg

Just like an iceberg, most of the emotions connected to a feeling are hidden under the surface.



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