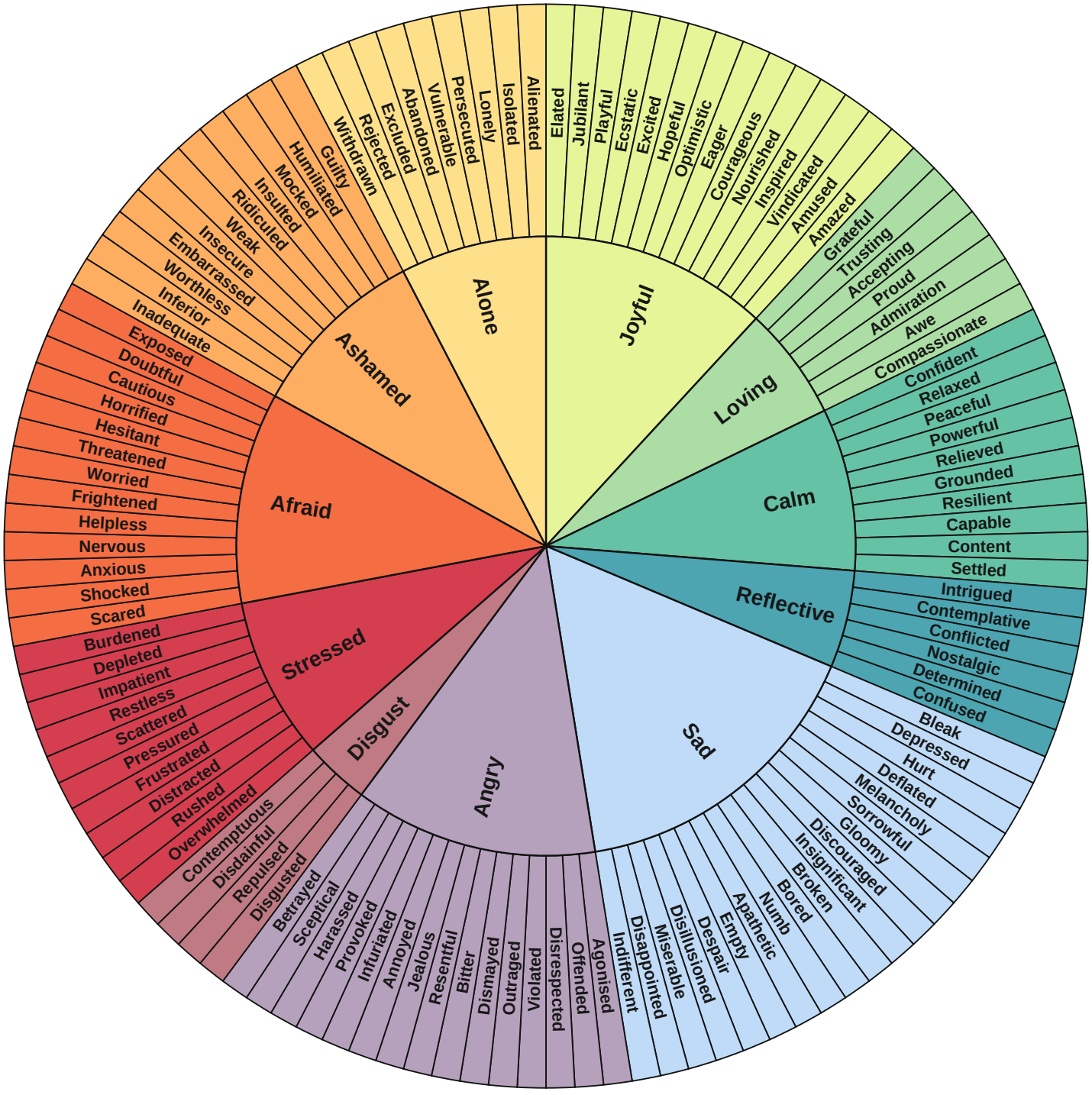
The feelings wheel

Start in the middle with the feeling that's closest to how you are.
Then move outwards until you find the word that fits.



Keep track of how you feel

The free Feeling Wheel app puts this wheel on your phone. Tap the words that fit, add a note and see your patterns over time. Scan to download for iPhone or Android.

feelingwheel.app

Free to print and share, for personal, classroom and therapy use. Meanings for every word at feelingwheel.app/emotions