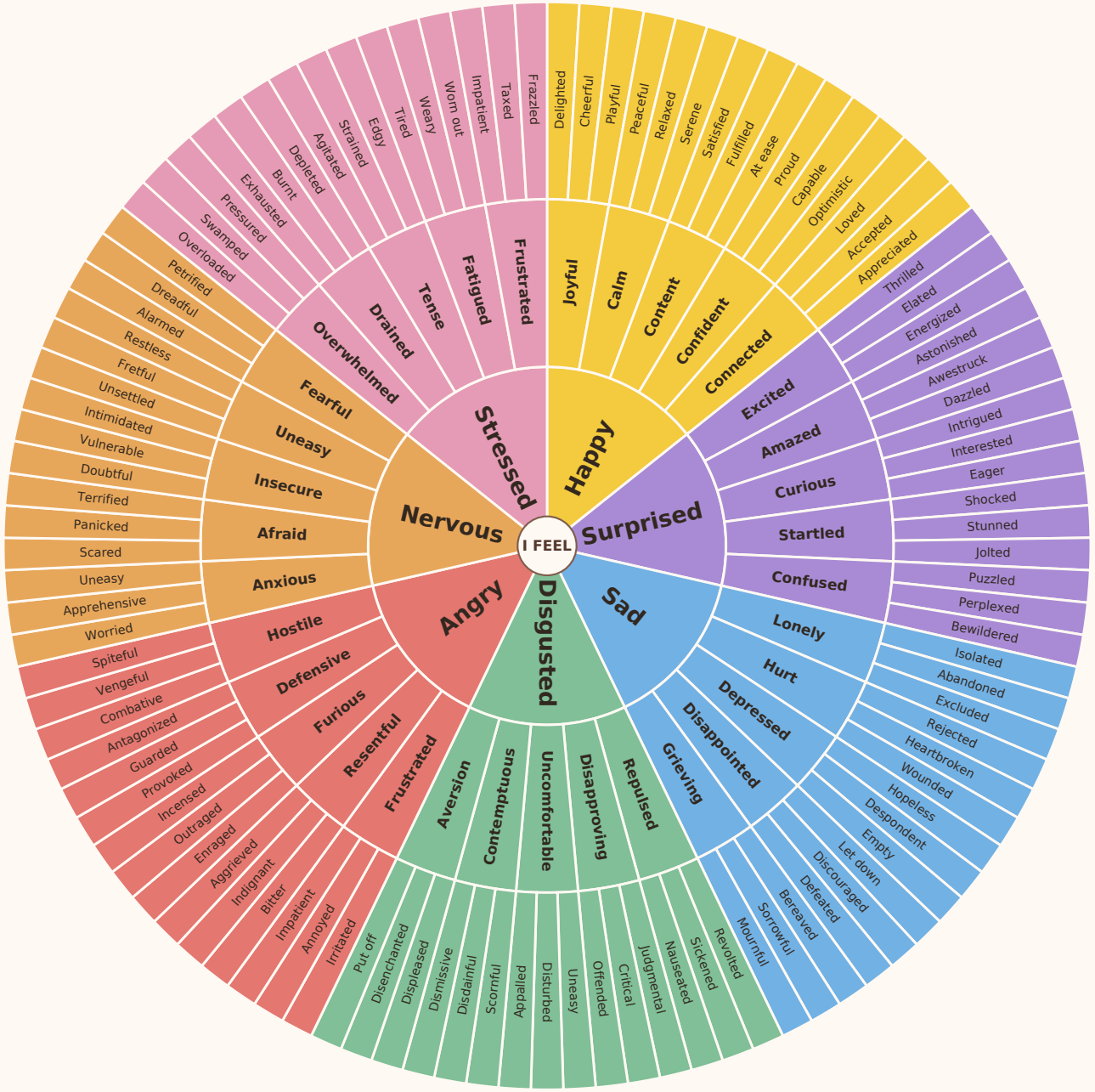
The Feelings Wheel

NAME IT • UNDERSTAND IT • EXPRESS IT



How to use the wheel

1 NAME IT

Begin with a feeling in the innermost circle. Stay within the same color category as you move to the second circular ring and then the third outer ring, selecting one word from each ring for three feeling words. If you have multiple feelings, feel free to choose words from different color categories to add to your three words.

2 UNDERSTAND IT

Ask yourself: What happened? What need, thought, or experience might be contributing to these feelings?

3 EXPRESS IT

Use an “I feel” statement to communicate your emotion clearly and respectfully.

I feel statement

I feel _____ when _____ because _____.

Extended statement

I feel _____ when _____ because _____. What I need is _____.

Example

“I feel anxious and overwhelmed when plans change suddenly because I need time to adjust. I would appreciate a heads-up.”

For education and self-reflection; not a substitute for individualized mental health care.