



The Feelings Wheel

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Originally developed by Dr. Gloria Willcox, The Feelings Wheel is a tool that can help you articulate your emotions accurately and clearly.

Generic emotions such as 'bad' and 'sad' sit at the center of the wheel. Emotions become more specific as you move to the outer circle.

Increasing our emotional vocabulary can help us better explain and understand how we feel.

Use this tool to define your own emotions, empower your children to open up, and express your true feelings in your relationships.

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