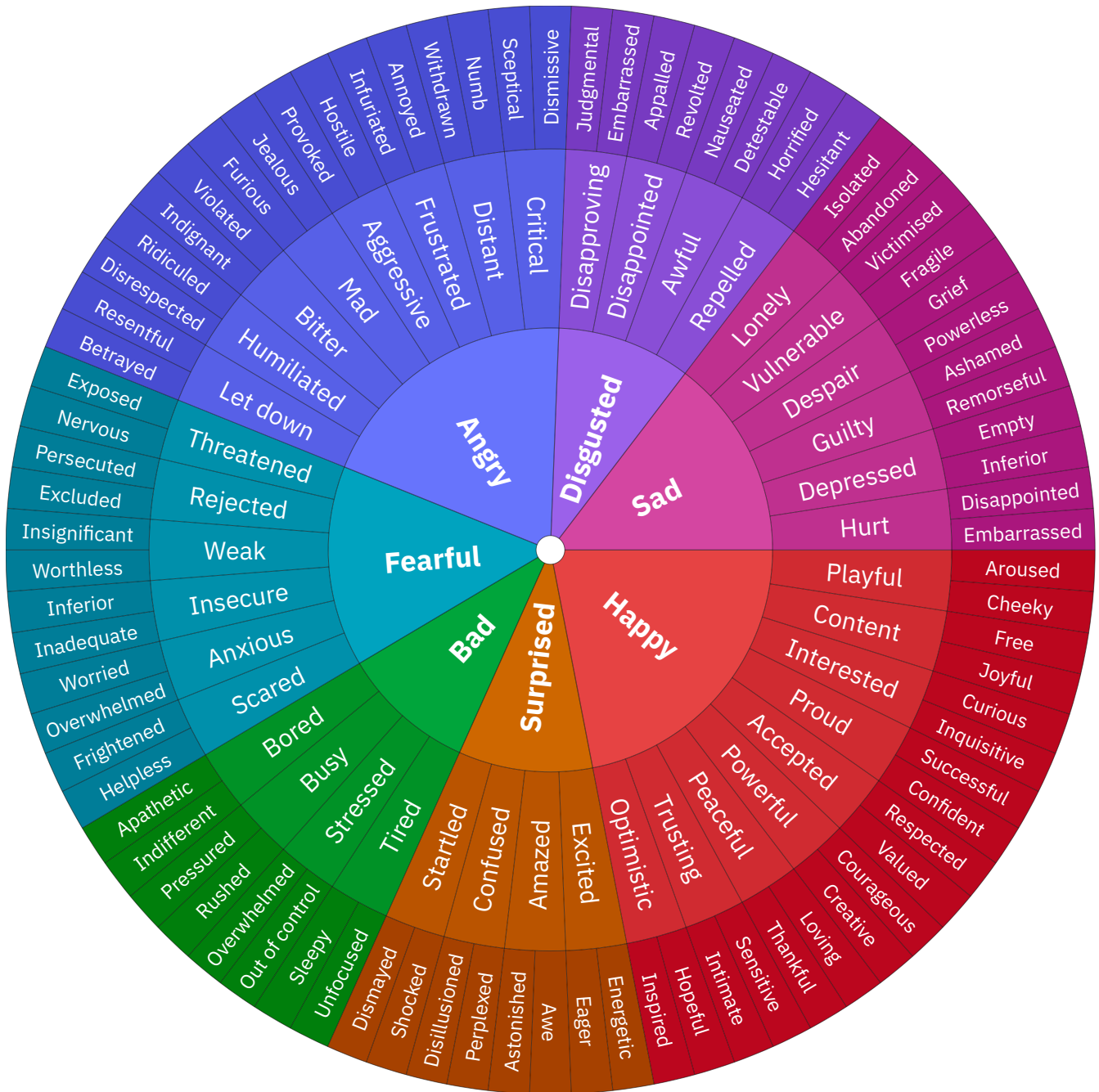


The feelings wheel

7 core feelings in the middle, 41 in the next ring, 82 on the outside. Start with the ring that feels closest and move outward only as far as you can honestly go.



How to use it

1. Find the core feeling that is nearest. 7 is a small enough set to choose from.
2. Read the words in the middle ring around it and pick the closest one.
3. Compare the words on the outside. If none fits, the middle ring was the answer.

If you get stuck

1. A broad word you believe beats a precise word you do not.
2. Two feelings at once is normal. Write both rather than choosing.
3. Note what happened just before. The trigger often names the feeling.