

How to Use

1. Start at the center of the wheel and identify your core emotion.
2. Move outward to find a more specific feeling that best describes how you feel.
3. Pause and sit with that feeling without judgment.
4. Use the guided reflection questions below to process and respond in a healthy way.

Guided Reflection

Use the emotion wheel to identify what you are feeling. Then walk through the questions below to better understand and process your emotions.

1. What am I feeling right now?
2. Where do I feel this in my body?
3. What triggered this emotion?
4. What thoughts are connected to this feeling?
5. Is this emotion pointing to a need?
6. What is a healthy way I can respond?
7. What truth can I hold onto in this moment?
8. What would help me move forward peacefully?