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Feelings and emotions reference wheel



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F E E L I N G S W H E E L

naming emotions

Why name feelings precisely? · 'Name it to tame it' — naming an emotion reduces its intensity

Instead of 'bad', try: · sad · anxious · frustrated · lonely · overwhelmed · disappointed

Instead of 'good', try: · content · grateful · hopeful · proud · calm · energised · joyful

Anger family · irritated · resentful · frustrated · let down · jealous

Fear family · anxious · worried · insecure · overwhelmed · nervous

Sadness family · lonely · disappointed · hurt · low · grieving · empty

What am I feeling right now, precisely? ·

T H E M O R E P R E C I S E L Y Y O U C A N N A M E A
F E E L I N G , T H E B E T T E R Y O U C A N
R E S P O N D T O I T

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