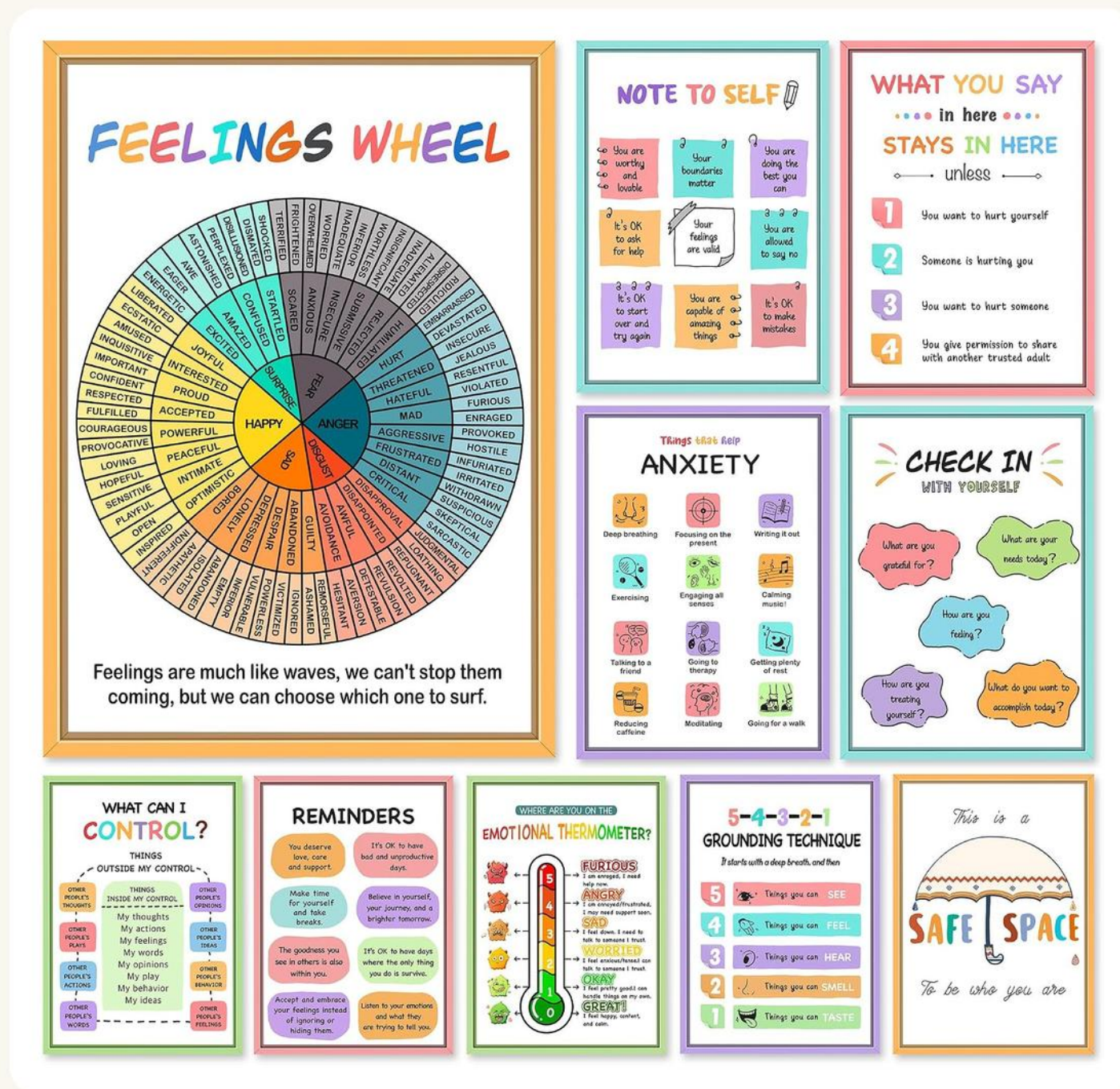


The Feelings Wheel

Therapist edition · print-ready · one page



How to use it in a session

1. Start in the centre.

Ask which of the six core feelings is closest right now. You are not committing to it — just narrowing.

2. Move outward.

Guide them one ring out: “You said mad — does frustrated, irritated, or resentful fit better?”

3. Don't supply the word.

The identifying is the work. If the word isn't on the wheel, that's useful information too.

A wheel gives you vocabulary. It does not diagnose, and not every word on any wheel is a feeling — some are inferences about other people. Let the client correct the chart; that correction is often the useful part.