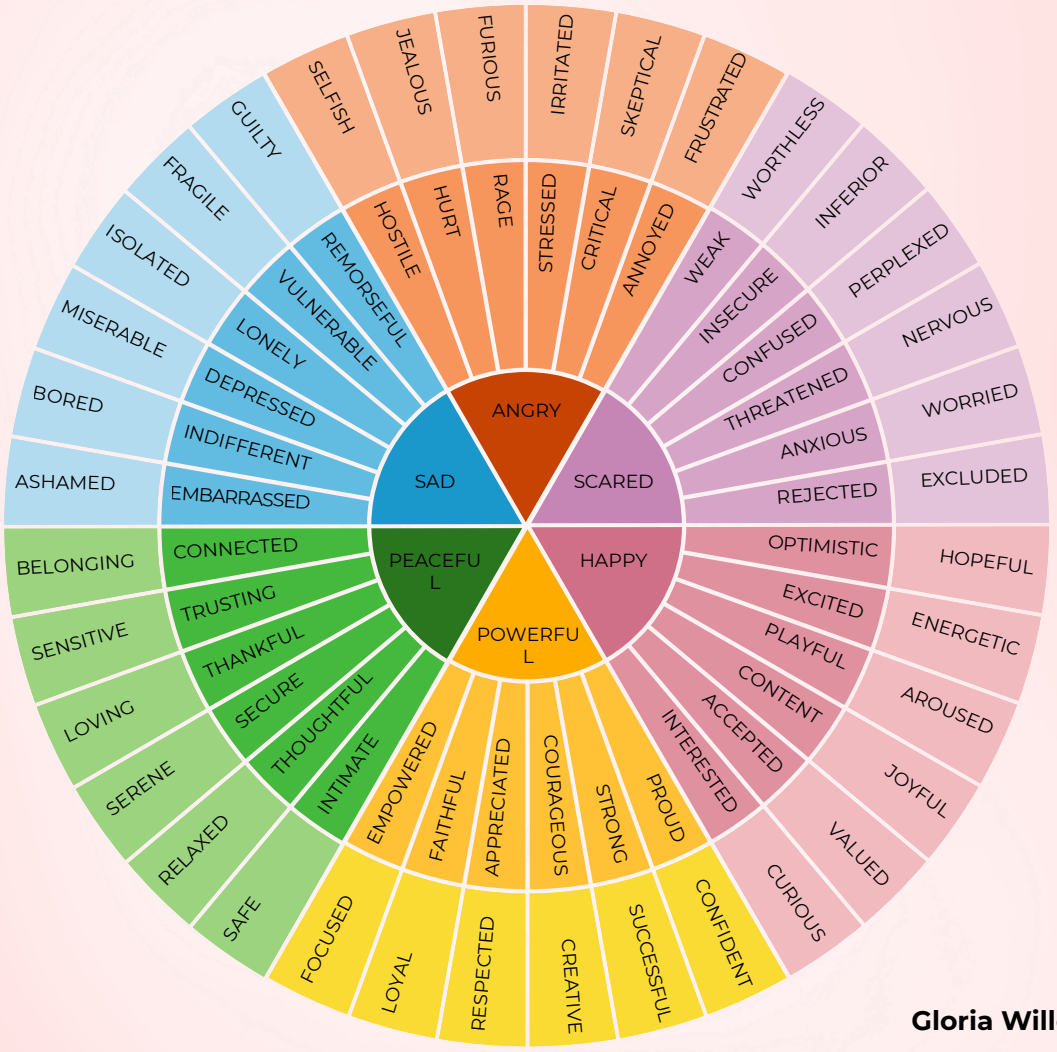
THE TRUSTED SPACE

# The Feelings Wheel

Emotions are complex, and sometimes, we struggle to put them into words. The Feelings Wheel helps break down broad emotions into more specific ones, giving you deeper insight into what you're experiencing.




**Gloria Willcox, 1982**

**Step 1:** Identify your core emotion: Look at the Feelings Wheel and choose the emotion that best describes how you're feeling right now.
**Step 2:** Dig deeper: Now, find the more specific emotions connected to your core feeling.
**Step 3:** What triggered this emotion? Think about what happened before you started feeling this way.
**Step 4:** How does this emotion show up in your body? Where do you notice this feeling?
**Step 5:** How do you typically react? What do you normally do when you feel this way?
**Step 6:** What would be a helpful way to process or express this emotion?