



My Feelings Wheel

Use the wheel to find a more precise word for what you feel, then take it through a short check-in. Keep the week log going for seven days and see what you notice.

THE FEELINGS WHEEL



Start in the middle with the broad feeling, then move out to the word that fits best. No word fits? Write your own.

01 Today's check-in

Take a minute. Pause, notice what's there, and find it on the wheel.

The broad feeling (from the middle of the wheel):

The more precise word (from the edge, or my own):

How strong is it right now?



Where do I feel it in my body? (a tight chest, a heavy head, restless legs, nowhere in particular)

What happened just before, or what's been on my mind?

What might I need right now? (rest, company, space, to say something, to do one small thing)

02 Find the more precise word

Think of a time recently when you used a vague word for how you felt: 'fine', 'bad', 'stressed', 'off'. Go back to that moment and use the wheel to sharpen it.

The vague word I
used

And when

Words on the
wheel that might
fit

Two or three

The one that fits
best

Or my own word

Did the more precise word change anything? What does it point to that the vague one didn't?

03 When there's more than one feeling

Feelings often come in mixtures, and some sit underneath others. Anger can sit on top of hurt. Calm can sit next to sadness. Write down everything that's there, without picking a winner.

All the feelings I can find right now:

Is one of them easier to show than another? What might be underneath the loudest one?

04 A week of check-ins

One line a day, at roughly the same time if you can. At the end of the week, read it back and look for patterns, not verdicts.

[illegible]

05 Looking back at the week

Which feelings came up most? Which ones were missing?

Did certain people, places or times of day go with certain feelings?

One new feeling word I want to keep using:

When you're done, a moment to reflect

- Which feelings do you find easiest to name, and which ones do you tend to skip over?
- Which feeling did you grow up thinking you weren't allowed to have?
- When you say 'I'm fine', what are you usually feeling underneath?
- What helps most when you're hurt, compared with when you're angry or scared?
- Who could you tell, in one precise word, how you're really doing this week?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.