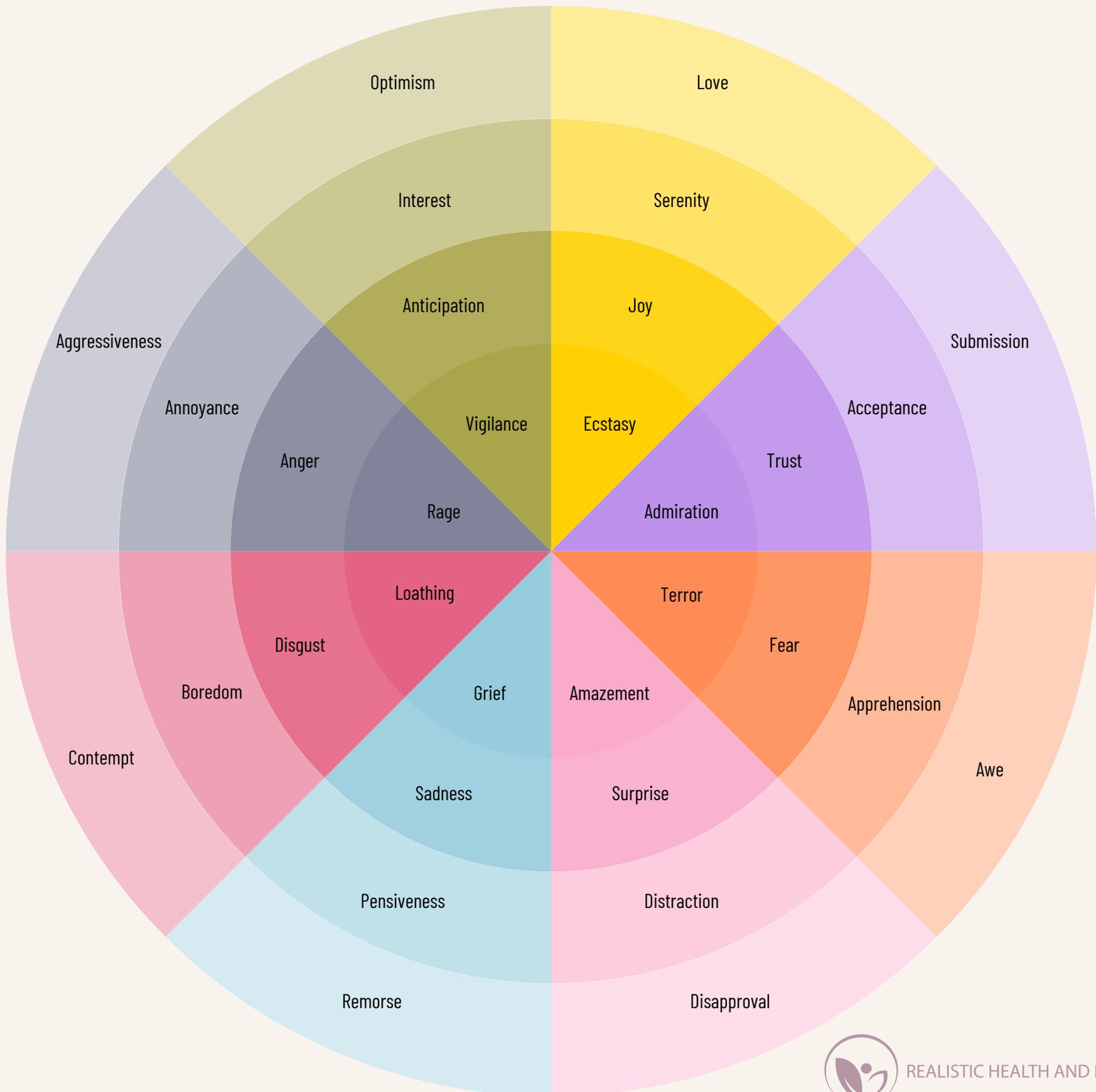


Wheel Of Emotions



How to Use the Wheel of Emotions

This Wheel of Emotions is a powerful tool for emotional awareness, self-reflection, and healing. Use it as a guide to explore and name your feelings more precisely.

Step-by-Step Instructions:

- **Pause & Check In**
- **Take a few deep breaths. Ground yourself in stillness. Ask yourself:**
“What am I feeling right now?”
- **Start at the Center of the Wheel**
- **Begin by identifying your core emotion in the center circle (Joy, Sadness, Fear, Anger, etc.)**
- **Move Outward for Clarity**
- **Explore the next ring to refine your emotion (Joy → Serenity, Love)**
- **Go further to identify specific shades of emotion (Serenity → Love or Joy → Optimism)**
- **Acknowledge Without Judgment**
- **Every emotion is valid. Don't label any feeling as “good” or “bad.”**
- **Instead, ask yourself: “What is this emotion here to show me?”**
- **Track Emotional Shifts**
- **Notice how your emotions shift during the day or through certain interactions.**
- **Use the Wheel to build awareness and respond with compassion and clarity.**
- **Use the Wheel for Journaling or Healing Work**
- **Incorporate this wheel into your practice of:**
 - Daily journaling
 - Meditation check-ins
 - Inner child or trauma work
 - Relationship reflection

