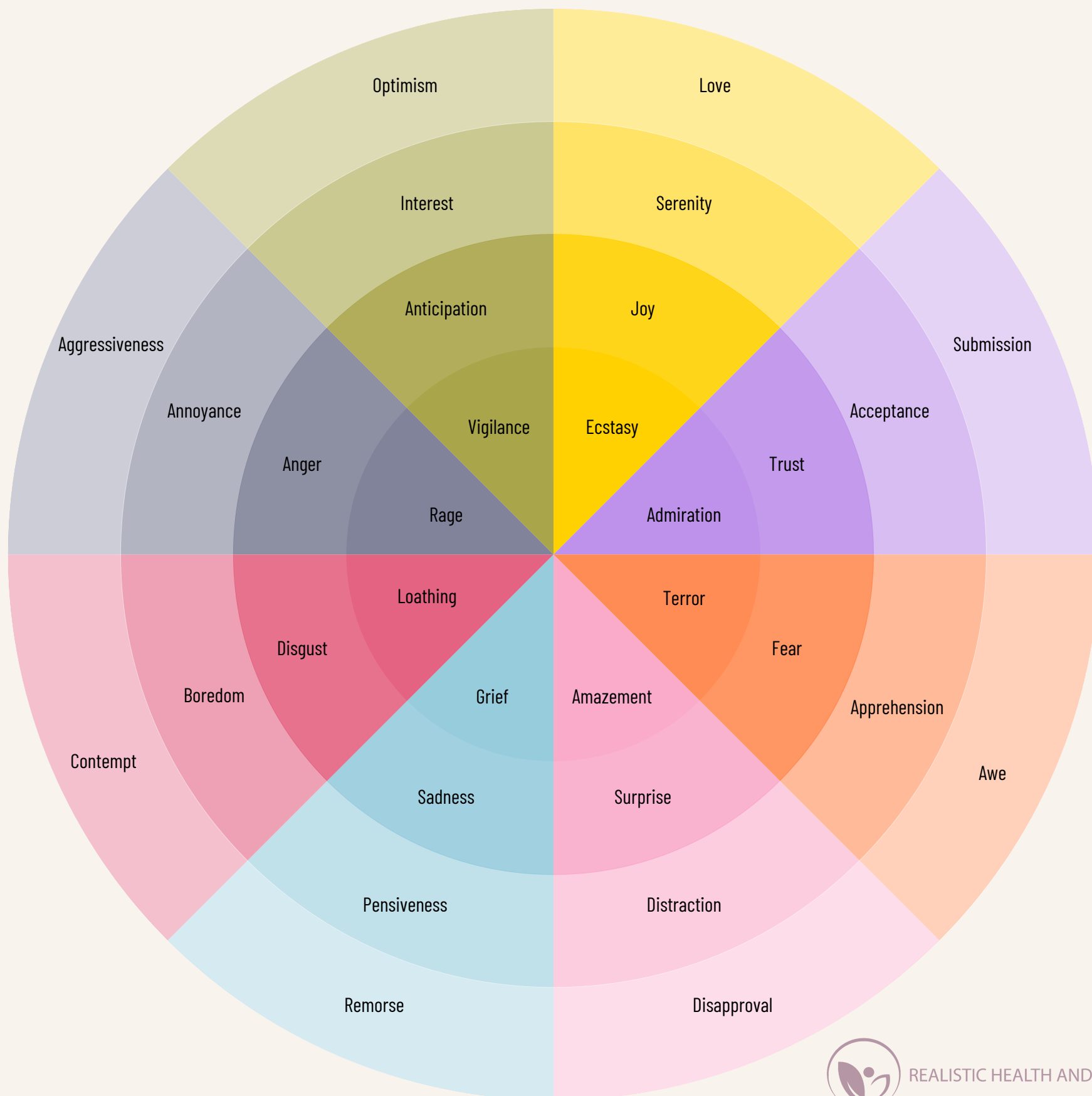


Wheel Of Emotions



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

