

Emotion Wheel



Ask Yourself:

- ☐ Which emotion feels strongest today?
- ☐ What happened before I felt this way?
- ☐ How did my body react?
- ☐ What do I need right now?



It is okay to feel more than one emotion. Take your time.
Awareness is the first step toward understanding.

Name it More Precisely



Sometimes the first emotion is only the beginning.
Try to find the words that describe what you truly feel.

 Joy	 Sadness	 Fear	 Anger	 Surprise	 Disgust
excited _____	lonely _____	nervous _____	frustrated _____	amazed _____	uncomfortable _____
content _____	disappointed _____	worried _____	irritated _____	confused _____	disapproving _____
proud _____	hurt _____	overwhelmed _____	resentful _____	startled _____	repelled _____
hopeful _____	discouraged _____	insecure _____	annoyed _____	curious _____	uneasy _____



Try moving beyond the first emotion that comes to mind.

Reflection Journal



Today's Date:

Today I mostly felt



Joy



Sadness



Fear



Anger



Surprise



Disgust

Because

What helped me today?

What would help me tomorrow?



Weekly Emotion Tracker



Day	Emotion	Intensity(1-5)	Why?
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			



Tip: There are no right or wrong answers. Be honest with yourself