

## How to use the Emotional Feeling Wheel.

At the center, you'll find the most common basic feeling states we experience:

Happy  
Sad  
Surprised  
Bad  
Disgust  
Fearful  
Anger

As you move from the center toward the outer edges of the wheel, you'll find more specific feelings, to better understand where your feelings are coming from. For example, you may feel Happy, because you feel accepted and valued, or angry because the feeling of humiliation or disrespect has been triggered.

You can move in any direction within each colour coded section of the wheel to help identify what secondary emotion is triggering the base feeling you are experiencing. Having more complex emotional states to explore can help you really get to the heart of what is triggering your feelings.

"I'm feeling bad right now" might be enough — sometimes. Other times, you might want to investigate your emotions a little more carefully. Are you really just feeling Bad? Or are you feeling 'bad' because you are busy and pressured?

Generally speaking, the more specific you can get with yourself when identifying emotions, the easier it becomes to find helpful ways to express and manage them.

Emotions can get complicated. Sometimes, they might confuse you to the point where ignoring them or numbing out to them seems like the best way to avoid getting overwhelmed. However, leaving emotions unaddressed can often just intensify them. Even emotions you'd rather wish away usually become less distressing when you confront them.

The emotion wheel is one useful tool that can help you practice identifying feelings and getting comfortable with them. By journaling out both your positive and negative feelings you can gain greater clarity of your core beliefs and clearly shape your sense of belonging and successfully self sooth your emotional state of being.

