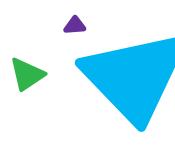
Emotion wheel



A tool for understanding emotions

The first step to understanding and managing your emotions is being able to name how you are feeling. An emotional wheel can help. The inner circle is labeled with names of primary feelings, while the outer ring contains names of secondary feelings related to the primary ones.

Add your own words or pictures to the blank spaces in the outer ring to help expand your thoughts on the emotions listed.

