



The Feelings Wheel

Finding exactly the right word to describe how you feel can be hard. Here are some ways to use the Feeling Wheel and help you better describe your emotions.

1. **Hang on your fridge or a bulletin board.** Use as a check in point for each family member to indicate how they feel about their day as you gather at the end of the day. This is a great way of opening conversation between family members about their individual experiences during time apart.
2. **As a catalyst for conversation.** Talk about how you felt during the experiences of the different emotions.
3. **Increase your emotional language and vocabulary.** For example, are you really angry or are you feeling ashamed or humiliated?
4. **Develop empathy** by referring to the wheel as you discuss how others may have felt in a situation/book/movie that you are discussing.
5. **Model how your face looks when you feel each emotion on the wheel.** For example, “I feel angry when my friends won’t wait for me and my mouth turns down, my forehead crinkles and my teeth clench.”



Waterloo Region
Suicide Prevention Council
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Reference: Wheel developed by Dr Gloria Willcox