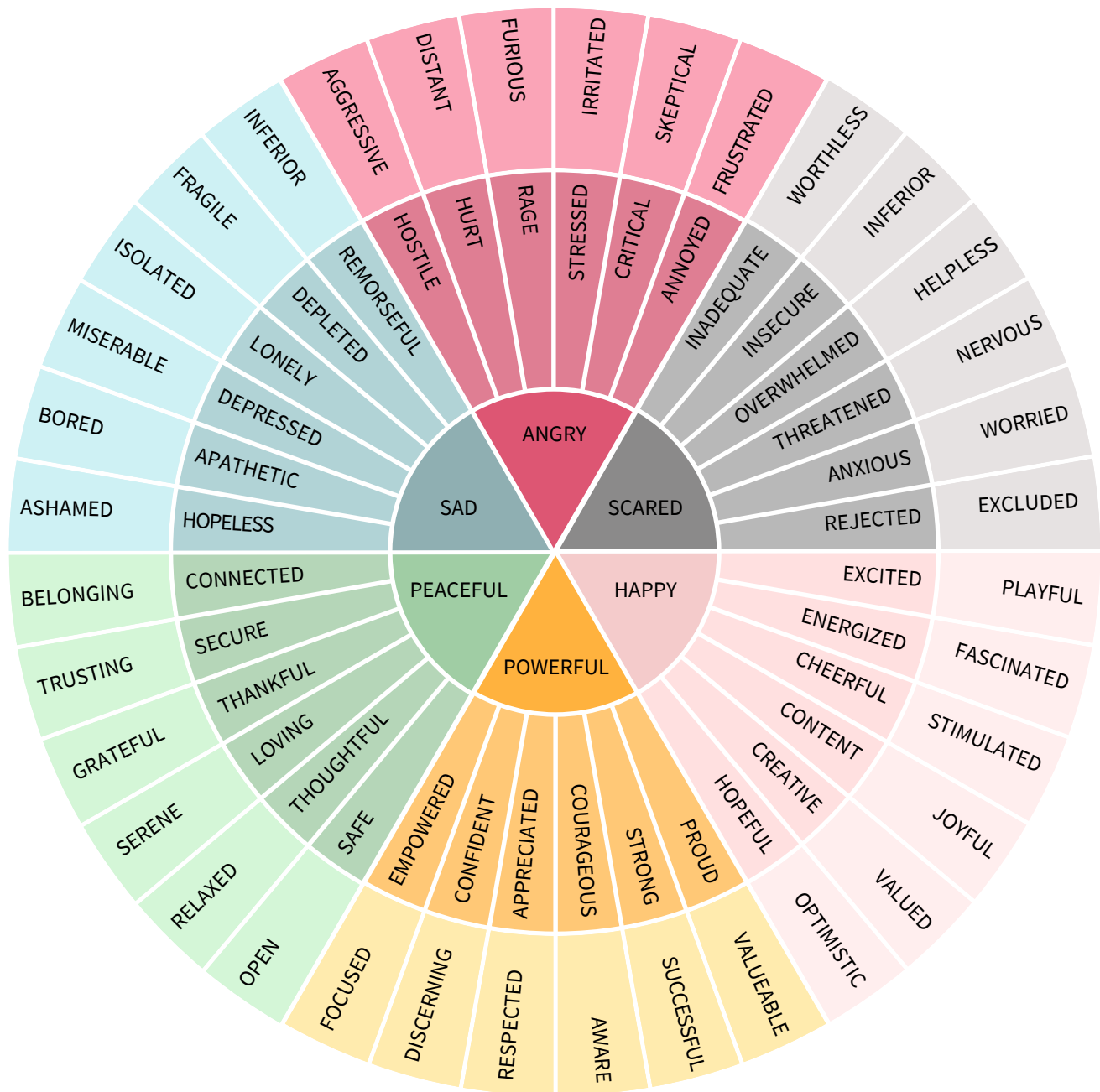


# The Feelings Wheel

Original version created by Gloria Willcox, 1982



This tool is designed to help you describe your feelings with more accuracy.

The feelings identified here are not a complete overview of all possible feelings. Instead, they can be treated as a starting point to describe and identify how you are feeling.



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