## **Art Therapy Worksheet**

Name: Date: **My Emotion Wheel** 

## Instructions for use:

- 1. Review the list of emotions suggested, or select any that deeply connect with you, even if they're not listed. Determine a variety of emotions you wish to delve into and convey.
- 2. Reflect on your chosen emotions. Consider what each feeling means to you personally and how it impacts your life.
- 3. In each segment of the Emotion Wheel, use your chosen art medium to add color, drawings, shapes, symbols, or any other creative elements.
- 4. Express each emotion in a way that feels authentic to you.

  There are no strict rules—let your creativity flow!

- Accepted
- AmazedAnnoyed
- Anxious
- Awful
- Bored
- Confident
- Confused
- Disappointed
   Disappointed
- Disgusted
- Jealous
- Lonely
- Loving
- Mad

- Overwhelmed
- Peaceful
  - Playful
  - Powerful
  - Proud
  - Relieved
  - RejectedSatisfied
  - Scared
  - Shame
  - Shocked
  - SillyStartled
  - Stressed

- Threatened
- Weak
- Embarrassed
- Excited
- Grateful
- Grief
- Guilty
- Helpless
- Hesitant
- Hopeful
- Hurt
- · Insecure