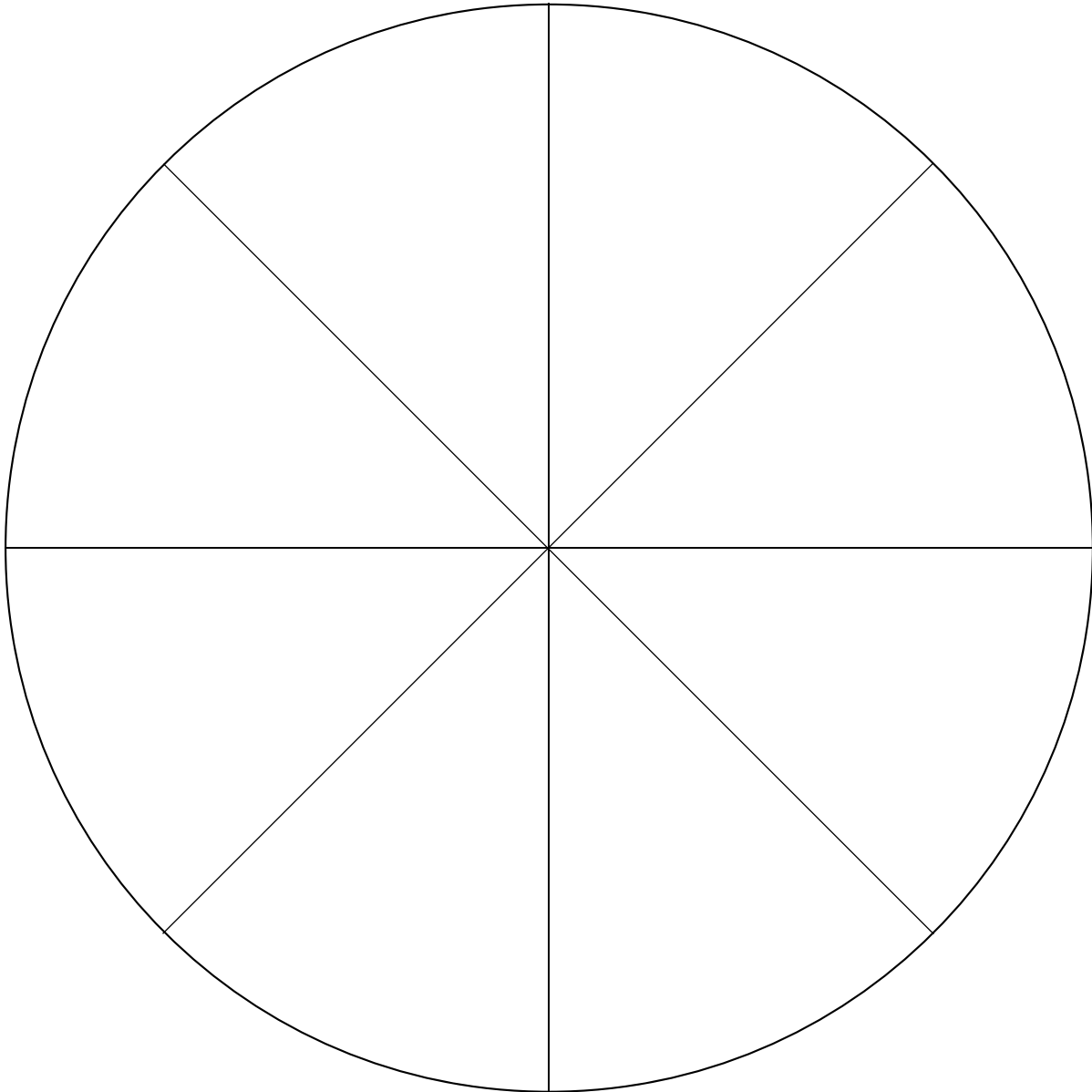


# Art Therapy Worksheet

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
- Amazed
- Annoyed
- Anxious
- Awful
- Bored
- Confident
- Confused
- Disappointed
- Disgusted
- Jealous
- Lonely
- Loving
- Mad
- Overwhelmed
- Peaceful
- Playful
- Powerful
- Proud
- Relieved
- Rejected
- Satisfied
- Scared
- Shame
- Shocked
- Silly
- Startled
- Stressed
- Threatened
- Weak
- Embarrassed
- Excited
- Grateful
- Grief
- Guilty
- Helpless
- Hesitant
- Hopeful
- Hurt
- Insecure