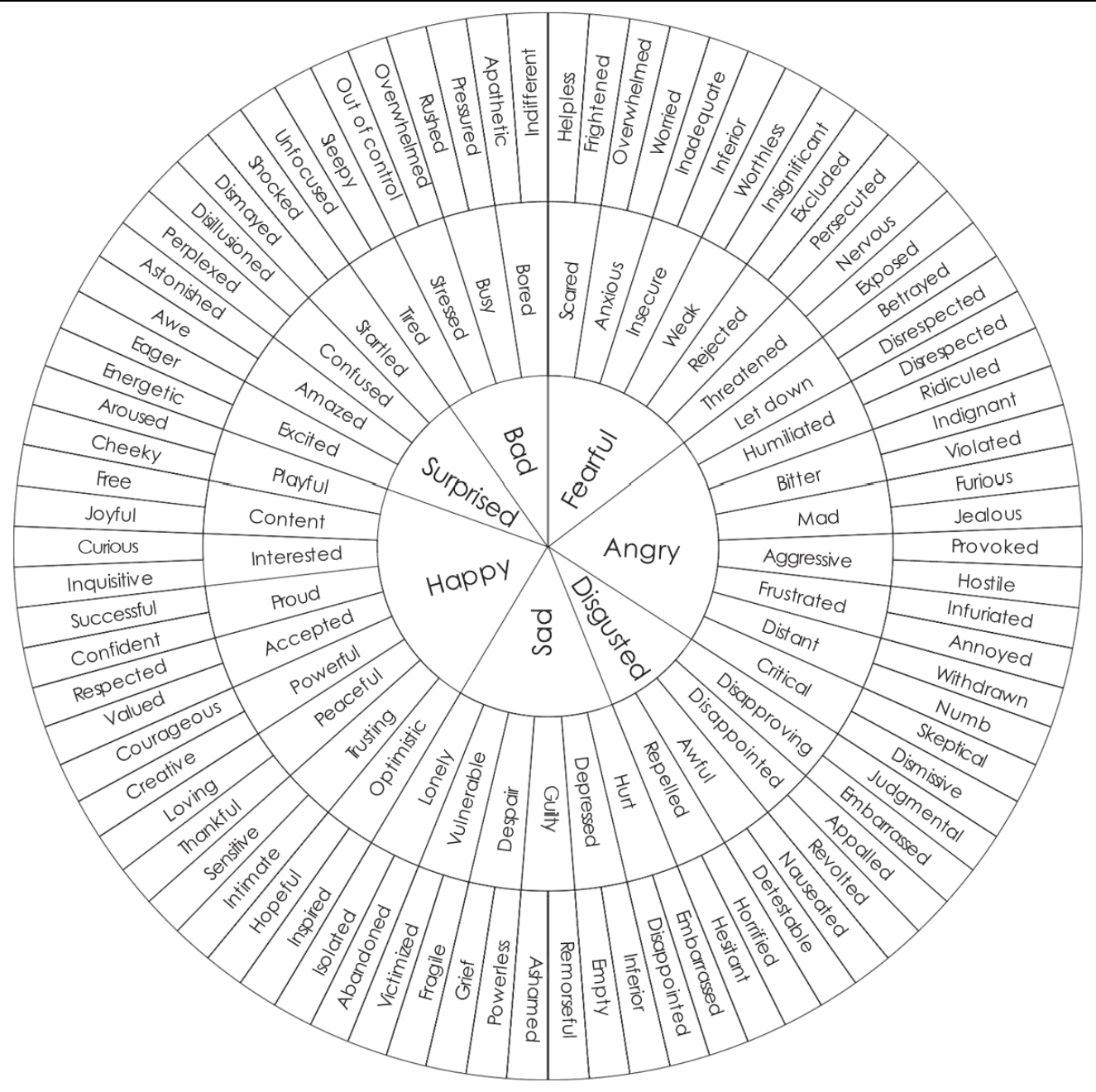


Emotion Wheel Worksheet

Name _____

Date _____



Using the above emotions wheel, choose the word(s) that describe your feeling(s) as closely as possible.

I feel...

Questions to think about:

What situations make you feel this way?

• Emotion wheel developed by [Dr Gloria Wilcox](#)

Name	Date
Questions to think about: (Continued)	
Is this a positive or negative emotion for you?	
What thoughts do you have when you feel this way?	
What physical feelings tell you that you are having this emotion?	
What is your behavior when you feel this way? i.e. what do you do?	
Additional Notes	