

# Sensation Emotion Wheel

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_



*This text is based on Gloria Wilcox's Feeling Wheel and is used for informational purposes.*

## Reflection

**How do the emotions you found on the Sensation Emotion Wheel relate to your recent experiences?**

**What physical sensations do you feel with each emotion? Do you notice any patterns?**

**How does your body express different emotions?**

**What triggers certain emotions for you? Can you identify any common situations or thoughts?**

**Which coping strategies do you find most helpful? How will you incorporate them into your daily life?**

**Additional notes**