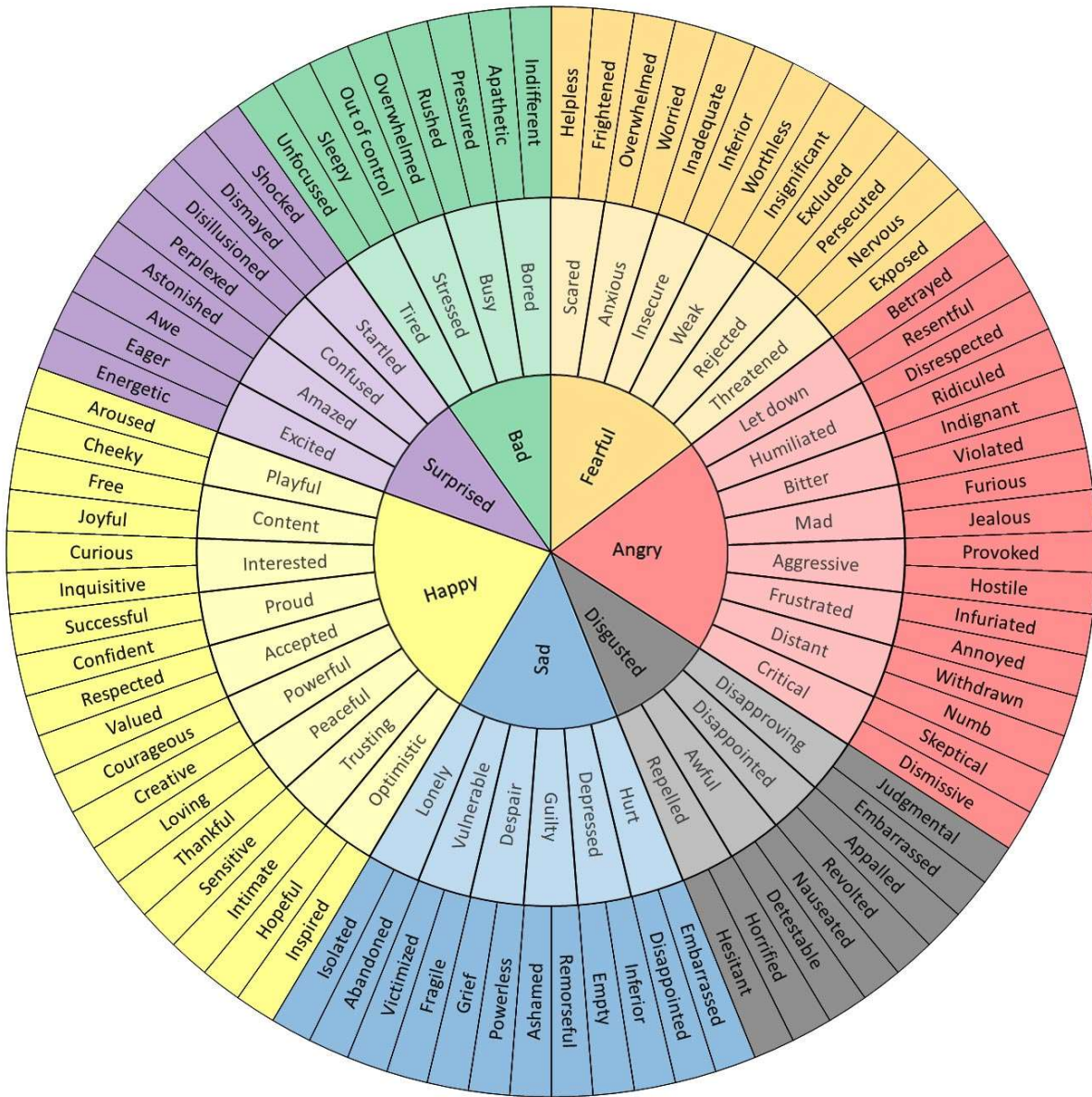


Wheel of Feelings

Name:

Date:



Emotional Awareness Exercise

1. Identify the primary emotion you are experiencing. (e.g., Joy)
2. Explore any secondary or tertiary emotions associated with the primary emotion. (e.g., Contentment, Gratitude)
3. Reflect on any uncomfortable emotions that may be present. (e.g., None in this case)
4. Connect with core feelings like love, trust, and compassion.

Primary Emotion:

Secondary/Tertiary Emotion:

Identify where you are on the wheel right now:

Reflection: