

The Feelings Wheel

By Kathleen Nelson: Counselling & Therapy for Adults

What is behind your...

Sad?

Mad?

Scared?

Joyful?

Powerful?

Peaceful?

This tool helps to bring clarity and reflect on how you are feeling. This also means that you can avoid conflict born out of misunderstanding. This main purpose of this tool is to help us find the right language to accurately express ourselves.

