

The Feelings Wheel

"Fine" and "bad" are not feelings. Start in the middle, work outward, and find the word that actually fits - naming it is half the taming.



1 START IN THE MIDDLE

2 PICK THE CLOSEST CORE FEELING

3 MOVE OUT UNTIL ONE WORD CLICKS



Why naming feelings works

Putting a precise word on an emotion shifts brain activity from the alarm center to the thinking cortex. "I'm overwhelmed" is calmer than "I'm bad" - precision literally turns the volume down.

When to pull this out

When you can't tell what's wrong, when "I'm fine" isn't true, before journaling, or with kids who only have "happy," "sad," and "mad" so far. One honest word beats ten vague ones.