

Feelings Wheel Worksheet



Organizes emotions from broad to specific.

Helps you find language when you feel something.

Step 1: Circle broadest emotion.

Step 2: Move outward to specific word.

More options than just "sad".

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Step 3: Write one sentence explaining why. This is where the reflection begins!

Why do I feel frustrated?
(Example: Because I worked hard and it didn't work.)

Great for daily check-ins or journaling.

My Reflection Journal:

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