

Feelings Wheel Worksheet

- **Best for:** General emotion to precise feeling identification
- **Difficulty:** Easy to moderate
- **Age group:** Teens and adults



HOW TO USE: Simple Three-Pass Approach

1 Find the Broad Emotion



2 Move Toward Specific

FRUSTRATION
IRRITATION
RESENTMENT



3 Choose the Best Fit



Is it RAGE or DISAPPOINTMENT?

Choose accuracy over drama.



PRO-TIP:

Use to explore labels, not as a test. Multiple words can fit.
Broad → Related → Specific