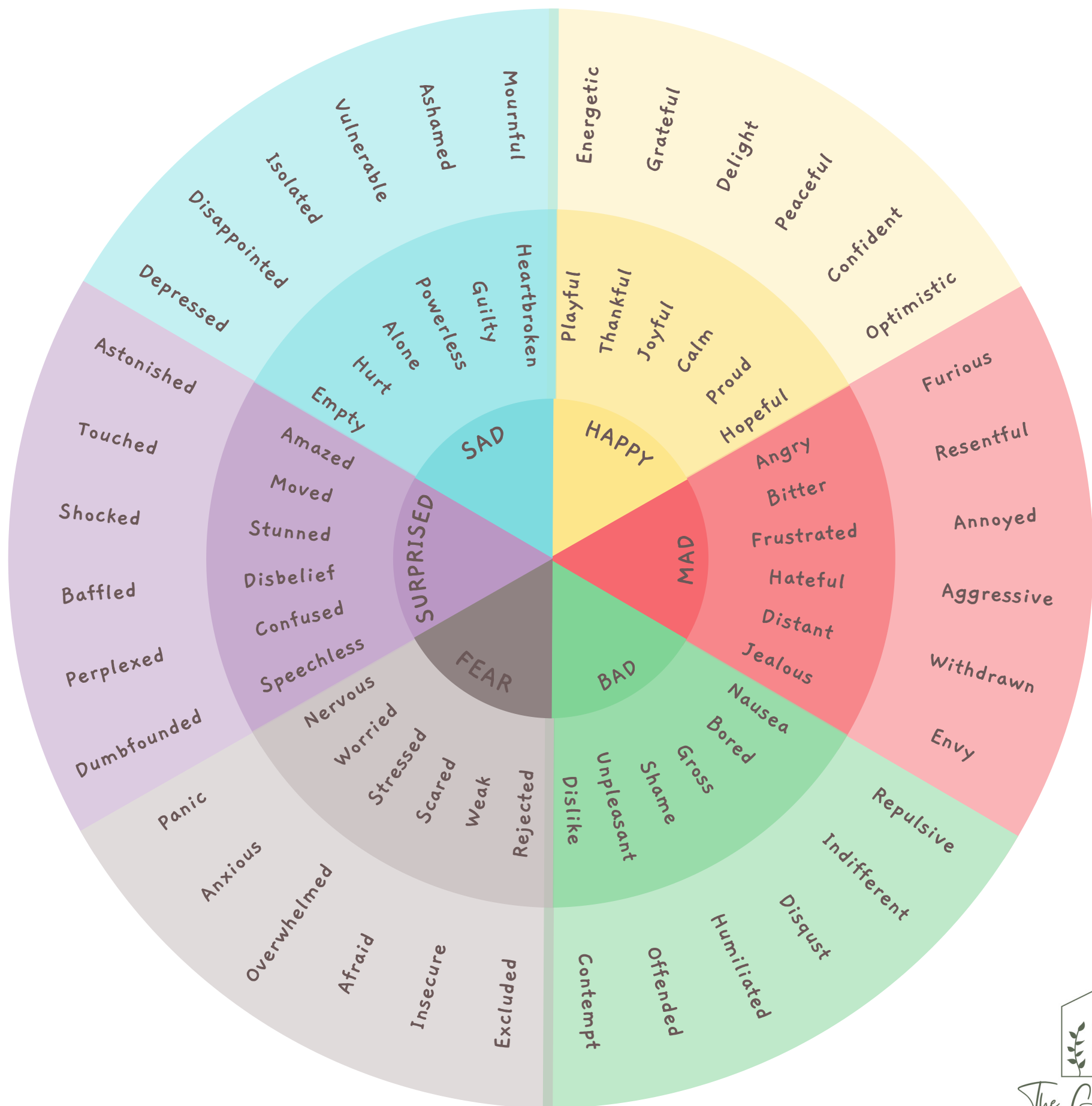


My Feeling Wheel



The Feeling Wheel, is a tool used in psychology and counseling to help people better understand and articulate their emotions. It's a circular diagram that represents a wide range of human emotions. The wheel is typically divided into three concentric circles:

- 1. The Inner Circle:** This part usually contains basic emotions such as happy, sad, scared, mad, surprised, and disgusted. These are considered primary emotions and are generally easy to identify.
- 2. The Middle Circle:** This section expands on the primary emotions and includes feelings that are a bit more complex but still related to the core emotions. For example, 'happy' might expand to 'joyful' or 'content', and 'sad' might lead to 'lonely' or 'hopeless'.
- 3. The Outer Circle:** The outermost part of the wheel provides even more nuanced emotions that are derived from the feelings in the middle circle. This section helps individuals identify very specific feelings, which can be helpful in therapy or self-reflection to understand emotional states more deeply.

The Feeling Wheel is used as a tool to facilitate emotional literacy and awareness, allowing individuals to pinpoint more accurately how they are feeling. It's a helpful resource in therapy, emotional education, and for anyone looking to enhance their emotional vocabulary and understanding.

