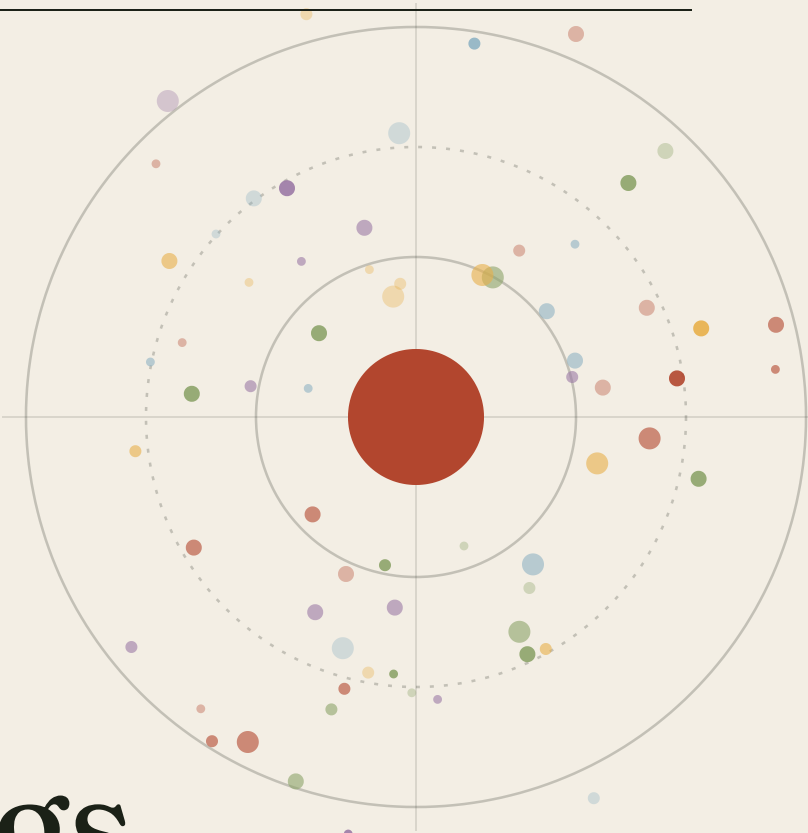




FREE PRINTABLE · FEELINGS WHEEL

Free Feelings Wheel

An original 3-ring feelings wheel with 75 words, in color and black and white, plus the worksheet that turns it into a skill.

- Feelings wheel, color
- Find the word worksheet
- Feelings wheel, black and white
- Preview of the full set

5

PAGES · PRINT + FILLABLE

Find 3 rings, 75 words	Color B/W version	Practice Find the word	Free Print and share
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FOR THERAPISTS, COUNSELORS, PARENTS, TEACHERS & ANYONE
LEARNING FEELINGS WORDS

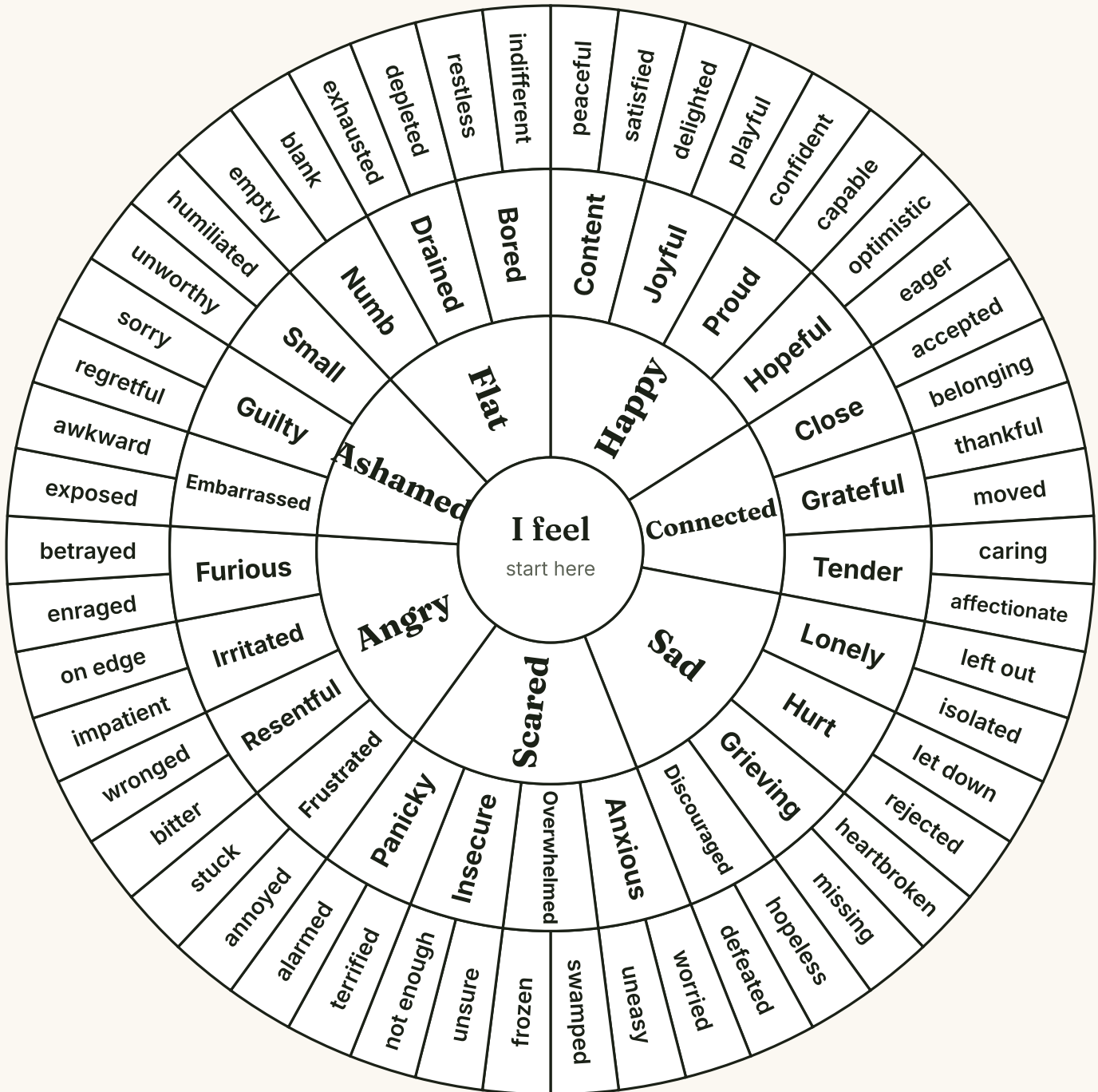
CREATED BY MASON ANGLIN, PSYD,
LMFT, MBA

I feel
start here

- Happy** (Orange)
 - Content
 - Joyful
 - Proud
 - Hopeful
- Connected** (Green)
 - Close
 - Grateful
 - Tender
- Sad** (Blue)
 - Lonely
 - Hurt
 - Grieving
 - Discouraged
- Scared** (Purple)
 - Anxious
 - Overwhelmed
 - Insecure
 - Panicky
- Angry** (Red)
 - Frustrated
 - Resentful
 - Irritated
 - Furious
- Ashamed** (Pink)
 - Embarrassed
 - Guilty
 - Small
- Flat** (Grey)
 - Numb
 - Drained
 - Bored
- Happy** (Orange)
 - peaceful
 - satisfied
 - delighted
 - playful
 - confident
 - capable
 - optimistic
 - eager
 - accepted
 - belonging
 - thankful
 - moved
 - caring
 - affectionate
 - left out
 - isolated
 - let down
 - rejected
 - heartbroken
 - missing
 - hopeless
 - defeated
 - worried
 - uneasy
 - swamped
 - frozen
 - unsure
 - not enough
 - terrified
 - alarmed
 - annoyed
 - stuck
 - bitter
 - wronged
 - impatient
 - on edge
 - enraged
 - betrayed
 - exposed
 - awkward
 - regretful
 - sorry
 - unworthy
 - humiliated
 - empty
 - blank
 - exhausted
 - depleted
 - restless
 - indifferent

The feelings wheel (color it in)

Same wheel, ready to color. Shade the feelings you had this week, or color each family the way it feels to you.



1 • Center

Which big family is closest?

2 • Middle

Which word is a little more exact?

3 • Outer

Which word would someone who knows you use?

Not on the wheel? Write your own word. Any honest word counts.

Find the word

Use the wheel to walk from the big feeling to the closest word. Then decide what you need.

Name: _____

Date: _____

STEP	MY ANSWER
What happened (just the facts)	
Big family (center ring)	
Closer word (middle ring)	
Most precise word (outer ring)	
Size 0 to 10	
Where I feel it	
What this feeling may need	
One small next step	
After: what happened? Did the size change?	

LIKED THIS FREE SAMPLE?

Feelings *Compass*

The full set turns the wheel into a complete feelings toolkit for sessions, classrooms, and home.

In the full set

- 3-ring feelings wheel, color
- Same wheel, black and white
- Kids' faces feelings wheel
- Feelings thermometer 0 to 10
- Where I feel it: body map
- Feelings and needs guide
- Find the word worksheet
- Mixed feelings worksheet
- Weekly check-in log
- Feelings word bank by intensity
- 12 conversation prompt cards

Full set: \$5 • 13 pages

Instant download • print + fillable PDF • personal use or one clinician with own clients

therapistfrontpage.com

A peek inside

FEELINGS COMPASS - FOR KIDS

How do I feel right now?

Point to the face that looks like your inside. Then show how big it is with your hands: tiny, medium, or huge.

Tiny
I can tell you my thing

Medium
It is getting hard

Huge
I need a grown-up

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FEELINGS COMPASS - THE BODY

Where I feel it

Feelings show up in the body first. Color where you notice this feeling. Use a different color for each feeling if you like.

Name: _____ Date: _____

Notice **ME**
The feeling _____

Where in my body _____

What it feels like (light, hot, heavy, heavy, heaviest) _____

Size 0 to 10 _____

What helps my body here _____

Body words to borrow
tight · heavy · not cold · shaky · buzzy · fluttery · hollow · numb · clenched · racing · sinking · light · loose · warm · open

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FEELINGS COMPASS - WHAT IT'S ASKING FOR

Feelings and needs guide

A feeling is information. It often points to a need. These are common patterns, not rules. Add what fits you in the last column.

Name: _____ Date: _____

FAMILY	IT MAY BE ASKING FOR	FOR ME IT USUALLY MEANS
Happy	Share it. Share it. Notice what made it happen.	
Connected	Stay close. Say thank you. Let it in.	
Sad	Comfort, rest, someone to be with, time to grieve.	
Scared	Safety, information, a plan, reassurance from a trusted person.	
Angry	A limit, fairness, being heard, space to cool down before acting.	
Ashamed	Kindness, privacy, repair if you made a mistake, a reminder you belong.	
Flat	Rest, food, sleep, gentle movement, a small dose of something you want to enjoy.	

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