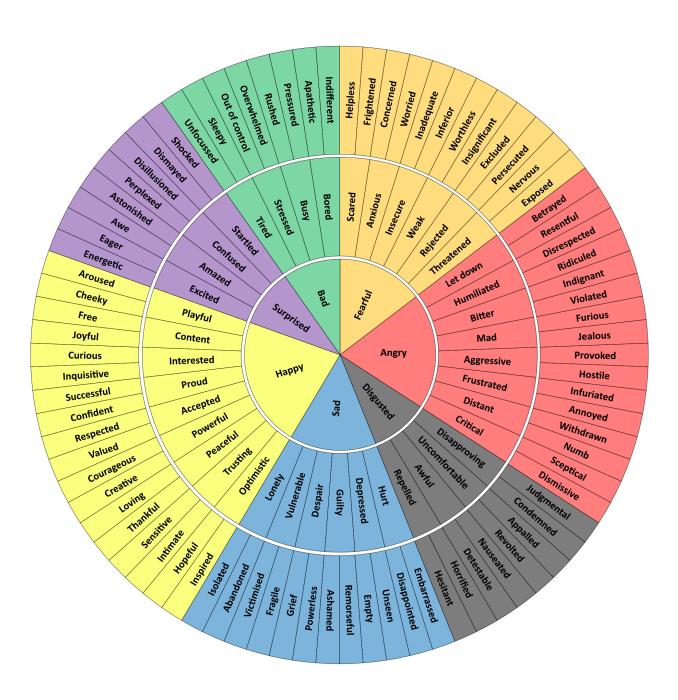
Emotional Word Wheel

by Geoffrey Roberts, inspired by Dr Gloria Willcox's The Feeling Wheel.



This wheel includes 130 emotion and feeling words. It is a great tool to help you and your team to articulate how you are feeling. It's particularly helpful for people with limited emotional vocabulary as it gives them words to choose from. When you can name how you feel, specifically and with granularity, you can better process and work through the feeling.