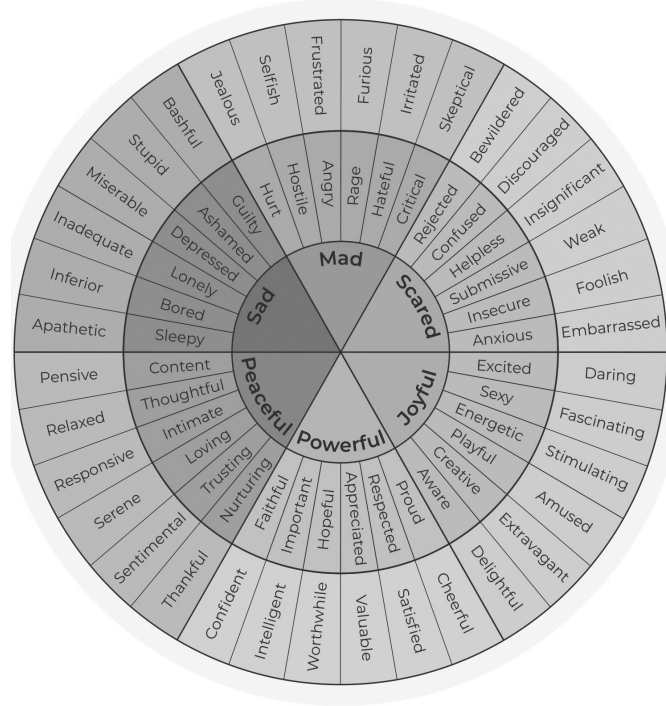


The Feeling Wheel



The wheel is divided into three layers. The innermost layer has six basic emotions: happy, sad, angry, afraid, powerful, and peaceful. These are the main categories of feelings.

The second layer expands on each basic emotion. For example, if you feel sad, you might be feeling disappointed, lonely, or heartbroken. You could feel joyful, excited, or content if you're happy.

The third and outermost layer gives even more specific feelings. It provides different words to describe how you might be feeling within each emotion category.

Core Emotions	Specific Feelings	Cause of the Emotions	Planned Interventions