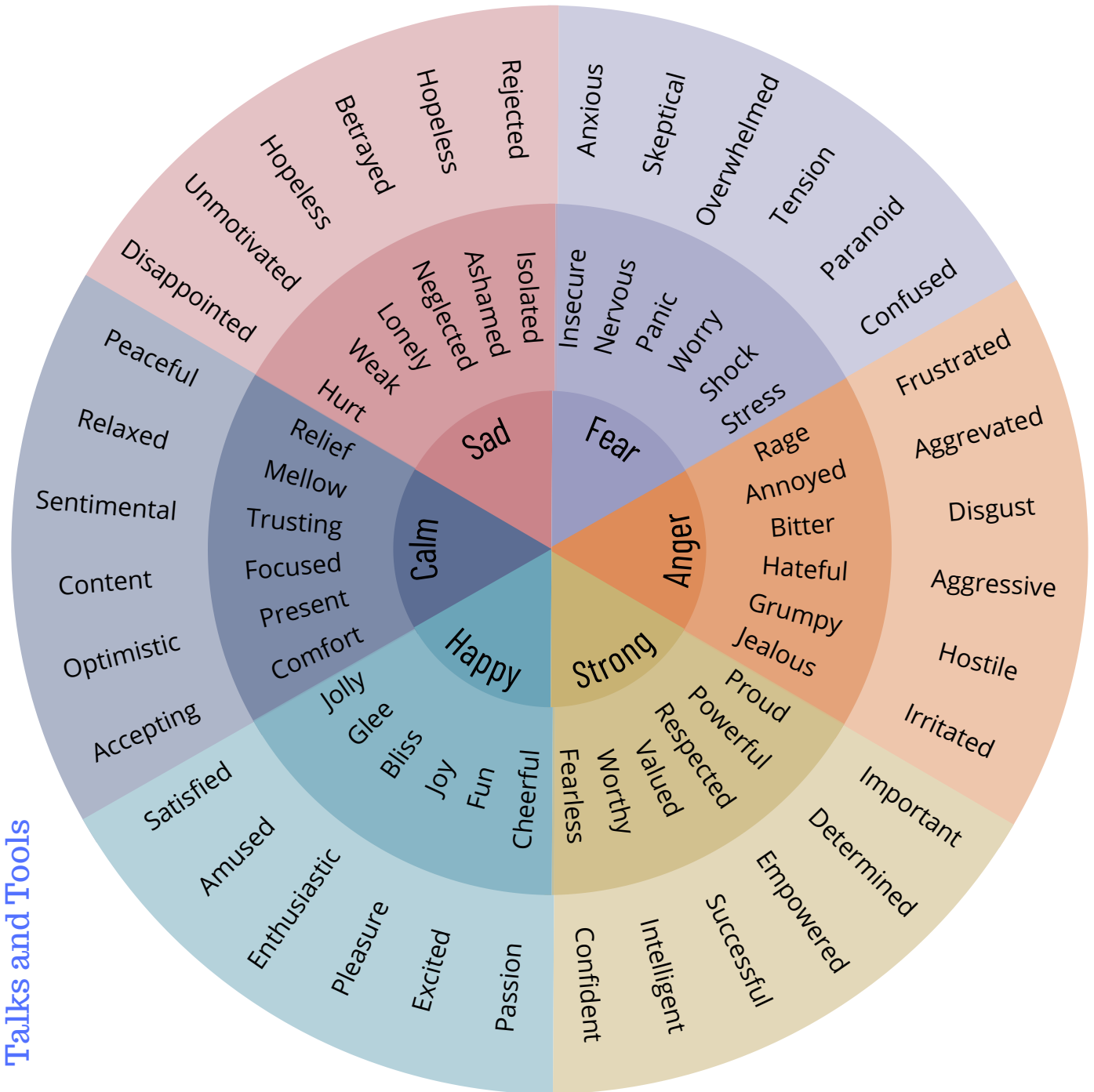


# The Feelings Wheel

Feelings can be complicated. However, identifying them allows us to feel them in order to heal them.



The center feelings are basic emotions and the words used most often to describe how we are feeling. The wheel also demonstrates the polar opposite of the core emotion (Fear-Happy). As you move to the outer edge, your feelings become more specific.