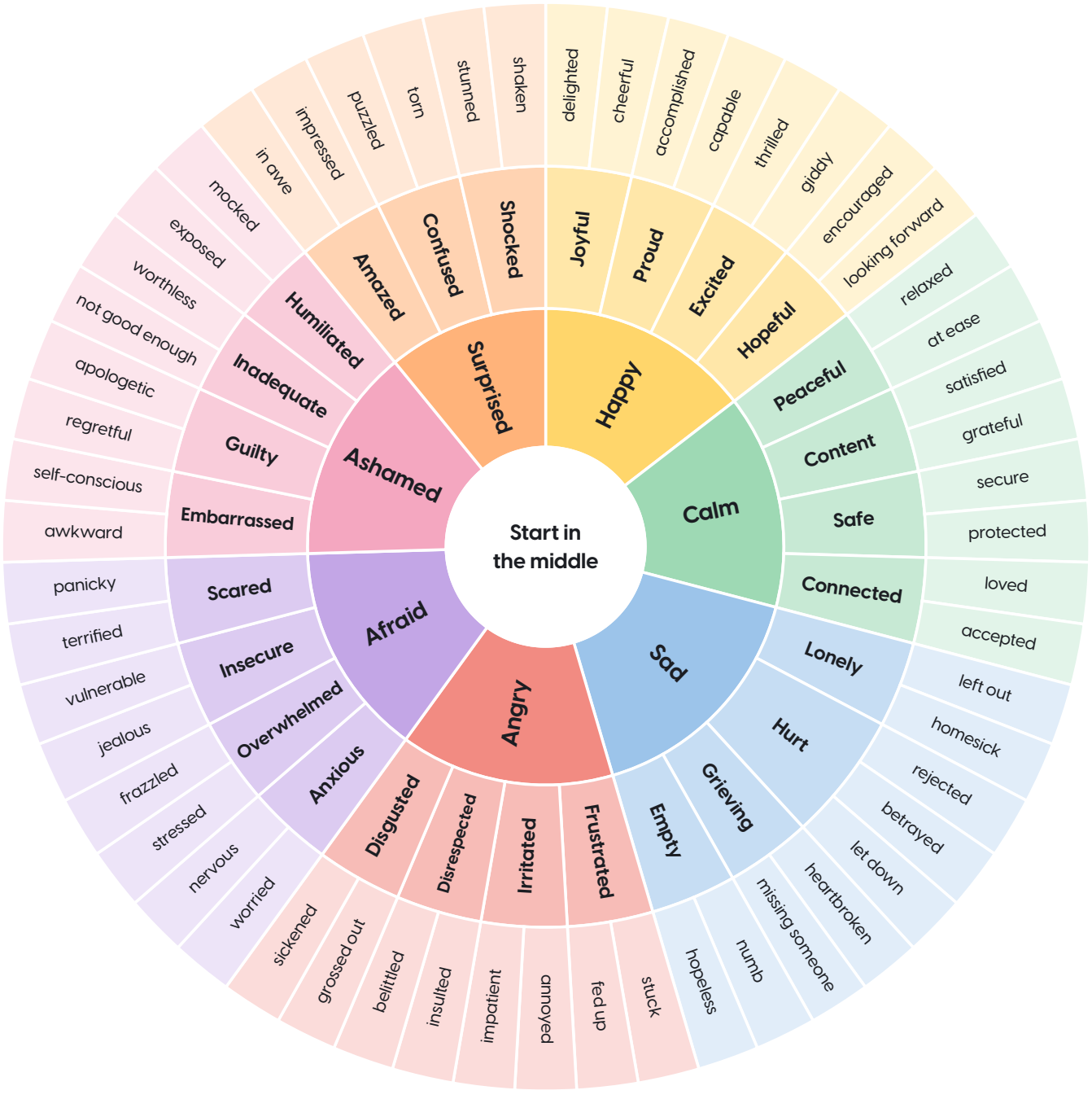
CROWN COUNSELING

Feelings Wheel

Start in the middle with the feeling that is closest. Move out to find a word that fits better.

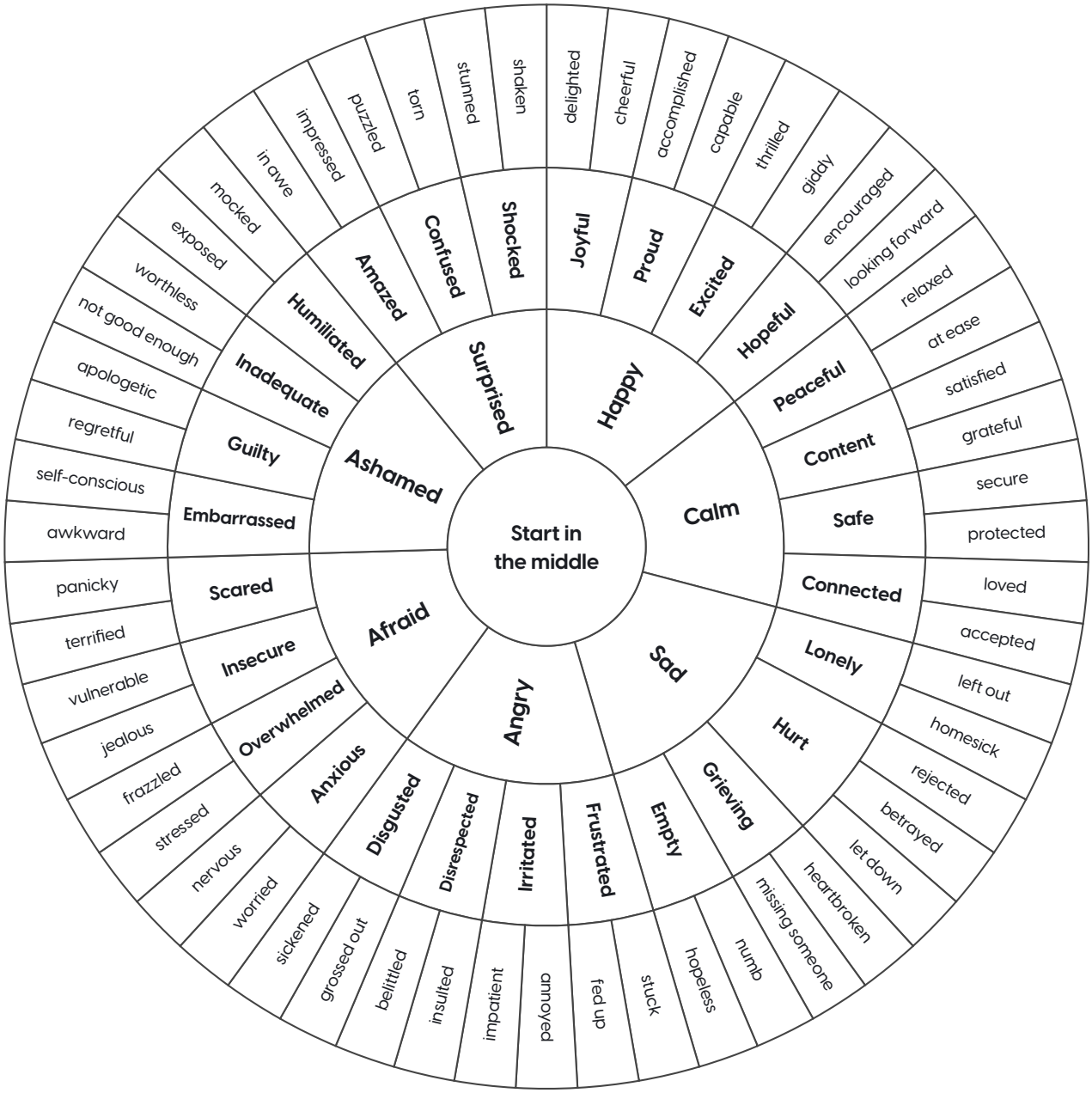


Free to print and share. Interactive version: crowncounseling.com/therapy-games/feelings-wheel

CROWN COUNSELING

Color the Feelings Wheel

Color each core feeling and its words. Then circle the words you felt this week.



This week I felt _____

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CROWN COUNSELING

Feelings Wheel Words

Every word on the wheel and what it means, from the middle out.

Happy

Feeling good inside, like things are going well.

Joyful So happy it is hard to keep it in.

- **delighted** Very pleased by something that just happened.
- **cheerful** Bright and upbeat, and easy to be around.

Proud Good about something you did, or about someone you care about.

- **accomplished** Like you finished something that took real effort.
- **capable** Sure you have what it takes to handle this.

Excited Full of energy about something that is coming.

- **thrilled** Excited in a big way, often all at once.
- **giddy** So excited you feel silly or bubbly.

Hopeful Believing that something good can still happen.

- **encouraged** Lifted by a sign that you are on the right track.
- **looking forward** Glad about something that has not happened yet.

Calm

Settled and steady inside. Nothing feels urgent.

Peaceful Quiet inside, with nothing pulling at you.

- **relaxed** Loose and easy in your body and your mind.
- **at ease** Comfortable, with no need to be on guard.

Content Satisfied with how things are right now.

- **satisfied** Like you have enough, or did enough.
- **grateful** Thankful for something or someone.

Safe Okay and protected, with nothing you need to watch out for.

- **secure** Steady, like the ground under you will hold.
- **protected** Looked after by someone or something.

Connected Close to the people around you.

- **loved** Cared about and wanted, just as you are.
- **accepted** Welcome without having to change who you are.

Sad

Low or heavy, often after losing something or someone.

Lonely Wanting to be close to others and feeling apart from them.

- **left out** Not included when other people are.
- **homesick** Missing home, or the people and places you know.

Hurt Pain inside from something someone said or did.

- **rejected** Pushed away, or not chosen.
- **betrayed** Hurt by someone you trusted.
- **let down** Disappointed when someone or something did not come through.

Grieving Sad about a loss, and missing what is gone.

- **heartbroken** Hurting deeply over a loss, or a love that ended.
- **missing someone** Wishing a person were here with you.

Empty Like something is missing inside, and little feels worth it.

- **numb** Feeling very little, or cut off from your feelings.
- **hopeless** Sure that things will not get better.

Angry

A hot, strong feeling when something seems unfair or wrong.

Frustrated Stuck, because something keeps getting in the way.

- **stuck** Like nothing you try is working.
- **fed up** Out of patience after it happened too many times.

Irritated Bothered by something that keeps happening.

- **annoyed** A little bothered. Small, but it nags at you.
- **impatient** Tired of waiting and wanting it to happen now.

Disrespected Treated as if you do not matter.

- **insulted** Stung by something said or done to you.
- **belittled** Made to feel small or less than others.

Disgusted Strongly turned off by something or someone.

- **grossed out** Wanting to pull away from something unpleasant.
- **sickened** So bothered by something wrong that you feel it in your stomach.

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Feelings Wheel Words (continued)

Afraid

Feeling in danger, or that something bad might happen.

Anxious Uneasy about what might happen, sometimes without knowing why.

- **worried** Thinking again and again about what could go wrong.
- **nervous** Jittery and unsure before something new or important.

Overwhelmed Too much at once. It is hard to know where to start.

- **stressed** Under pressure, with more to handle than feels possible.
- **frazzled** Worn thin and scattered from doing too much.

Insecure Unsure of yourself, or of where you stand with others.

- **jealous** Afraid of losing someone or something to another person.
- **vulnerable** Open to being hurt, without your usual armor.

Scared Afraid of something that feels close and real right now.

- **terrified** So scared you want to freeze or run.
- **panicky** Hit by fear so fast that your body races.

Ashamed

Feeling that something is wrong with you, not only with what happened.

Embarrassed Wanting to hide after something felt awkward in front of others.

- **awkward** Uncomfortable and unsure how to act.
- **self-conscious** Very aware of how other people might see you.

Guilty Bad about something you did, and wishing you could undo it.

- **regretful** Wishing you had made a different choice.
- **apologetic** Wanting to say sorry and make it right.

Inadequate Like you do not measure up.

- **not good enough** Sure that others are doing better than you.
- **worthless** Like you have no value. A feeling, not a fact.

Humiliated Made to feel foolish or small in front of others.

- **exposed** Like others can see something you wanted to keep private.
- **mocked** Laughed at or made fun of.

Surprised

Caught off guard by something you did not expect.

Amazed Surprised in a good way, by something bigger than you expected.

- **in awe** Struck by something vast, skilled or beautiful.
- **impressed** Surprised by how well someone did something.

Confused Not sure what is going on or what to do next.

- **puzzled** Trying to work out something that does not add up.
- **torn** Pulled between two choices, or two feelings.

Shocked Hit hard by something sudden, often bad news.

- **stunned** So surprised you cannot think or move for a moment.
- **shaken** Unsteady inside after something jolted you.