

The Feelings Wheel

🕒 Time: N/A

📊 Difficulty: Easy

A feelings wheel is a visual tool that can help you identify and express your emotions. It is typically arranged in the shape of a circle, with different emotions arranged around the circumference. Some common emotions included on a feelings wheel are happy, sad, angry, scared, and excited.

You can use a feelings wheel to help you understand and communicate your emotions. For example, if you are feeling overwhelmed and are having trouble putting your feelings into words, you can use the feelings wheel to identify which emotions you are experiencing.

A great way to use the feelings wheel is alongside the “I” Statements Exercise. You can use the wheel to identify the exact emotion you’re feeling and use the “I” statement framework to communicate it to your partner.

Why to Use the Feelings Wheel in a Relationship

One way to use a feelings wheel in a relationship is to encourage both partners to individually identify and express their emotions on the wheel. This can help to promote open and honest communication about feelings, and can provide insight into each partner's emotional experiences and needs. The feelings wheel can also be used as a starting point for discussions about specific issues or challenges in the relationship, and can help to identify areas where the partners may need to work on better understanding and supporting each other emotionally.

Prompts to discuss your feelings with your partner:

01. What emotion are you feeling right now and where would you place it on the feelings wheel?
02. Can you think of a recent situation that made you feel angry/sad/happy? Where would you place that emotion on the wheel?
03. How do you typically respond when you're feeling overwhelmed/anxious/frustrated? Can you find that emotion on the wheel?
04. What emotions do you typically associate with our relationship? Where would you place those on the wheel?
05. How do you think your partner is feeling right now? Can you find that emotion on the wheel?
06. What are some common triggers for negative emotions in our relationship? Can you find those emotions on the wheel?
07. How do you think your emotional needs differ from your partner's? Can you find those emotions on the wheel?
08. Can you think of a time when you felt unsupported/disrespected/valued by your partner? Where would you place those emotions on the wheel?
09. How can we better support each other's emotional needs in our relationship? Can you find those emotions on the wheel?
10. What are some specific actions we can take to manage and express our emotions in a healthy way? Can you find those emotions on the wheel?

Find the wheel on the next page: →

The Feelings Wheel

🕒 Time: N/A

📊 Difficulty: Easy

