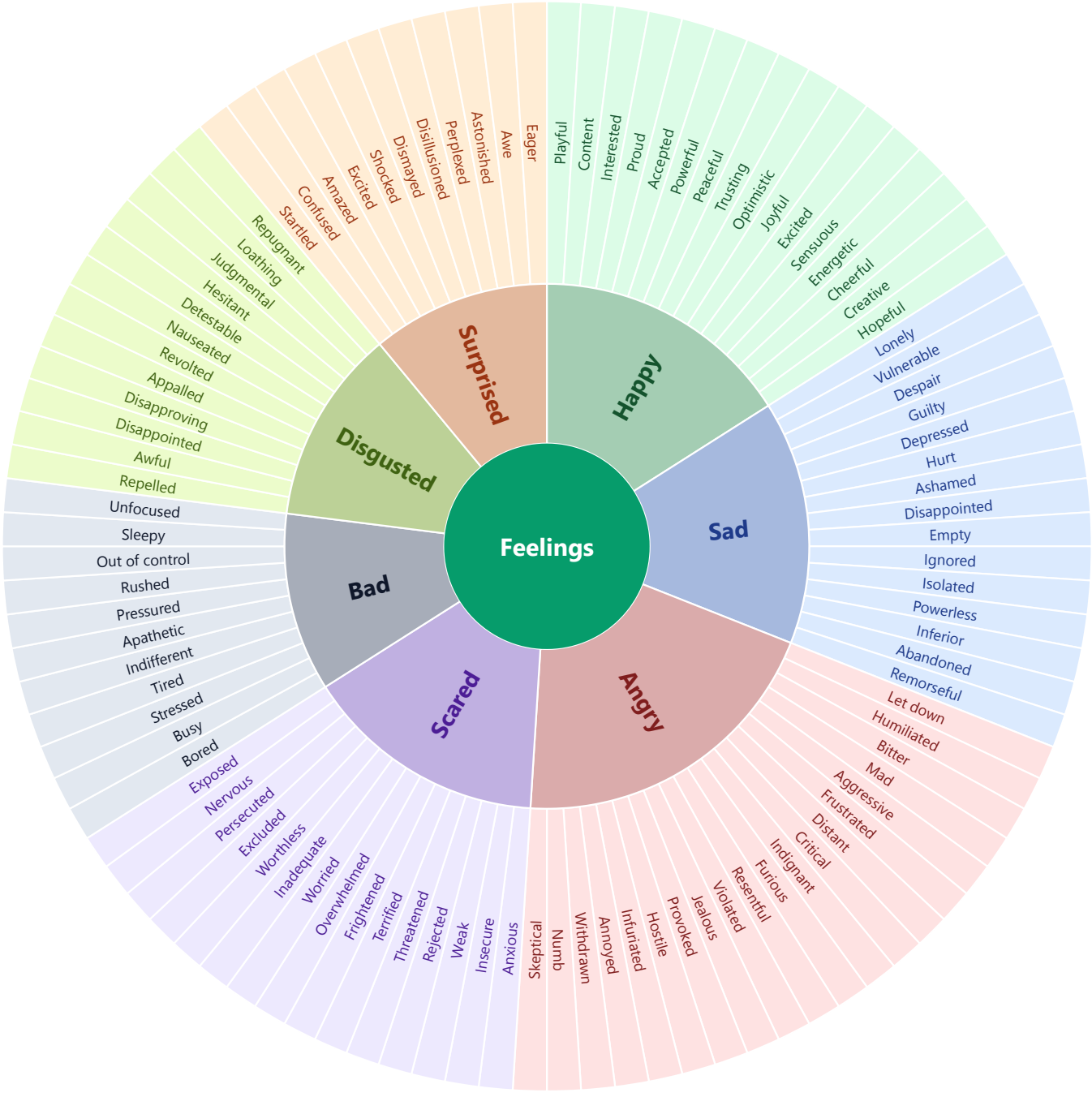
# The Emotion Wheel

A free feelings wheel to help you name what you're feeling




1. Start in the centre ring with the broad feeling that fits best right now.
2. Move outward and find the more specific feeling underneath it.
3. Name it, out loud or on paper. Naming a feeling makes it easier to handle.

Try the free interactive version, which also shows the needs behind each feeling and what can help:
**therapybyaditya.in/decode-your-emotions**

**Therapy By Aditya**
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