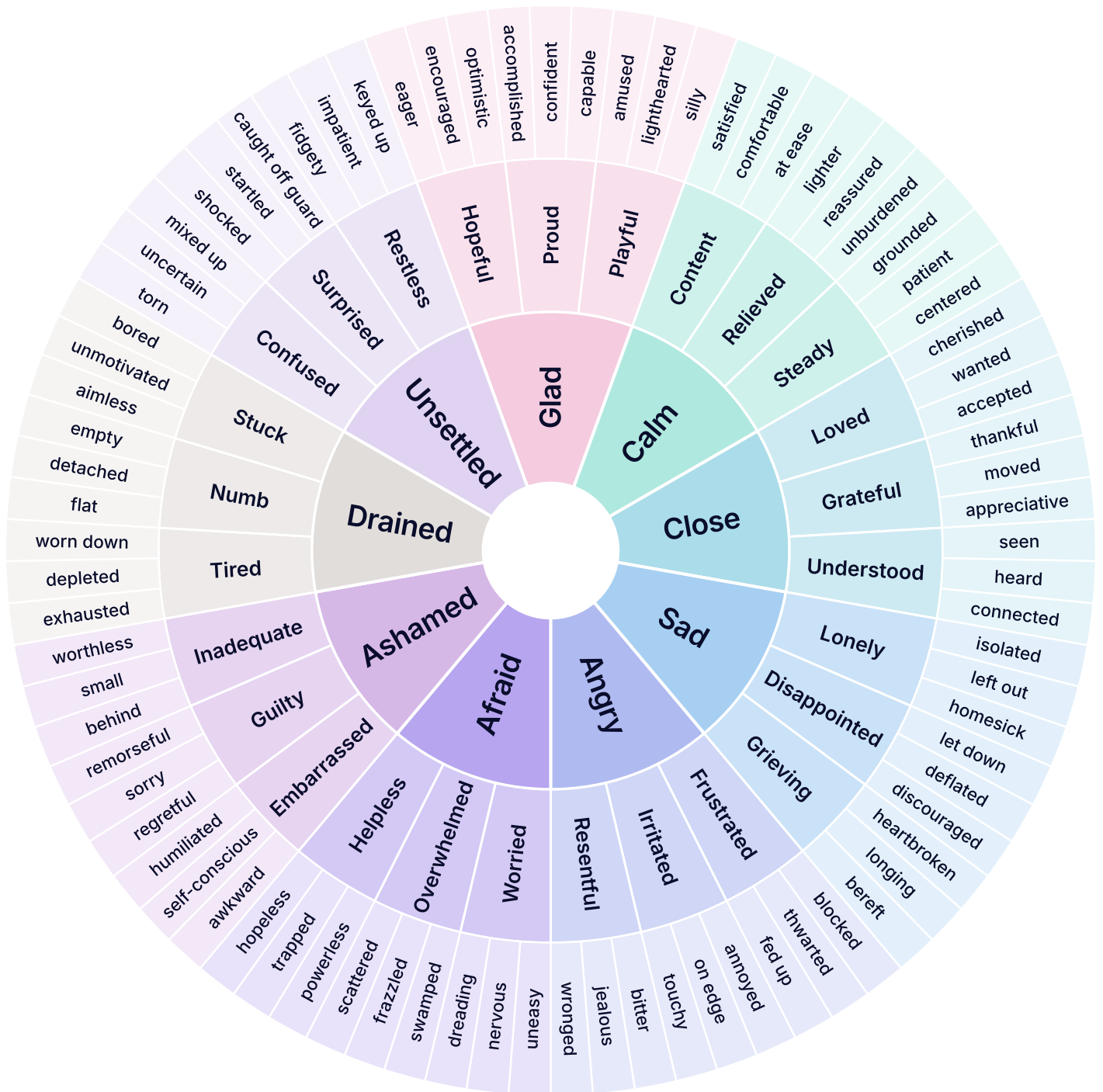


Feelings wheel

Start in the middle with the closest big feeling. Move outward until a word fits.

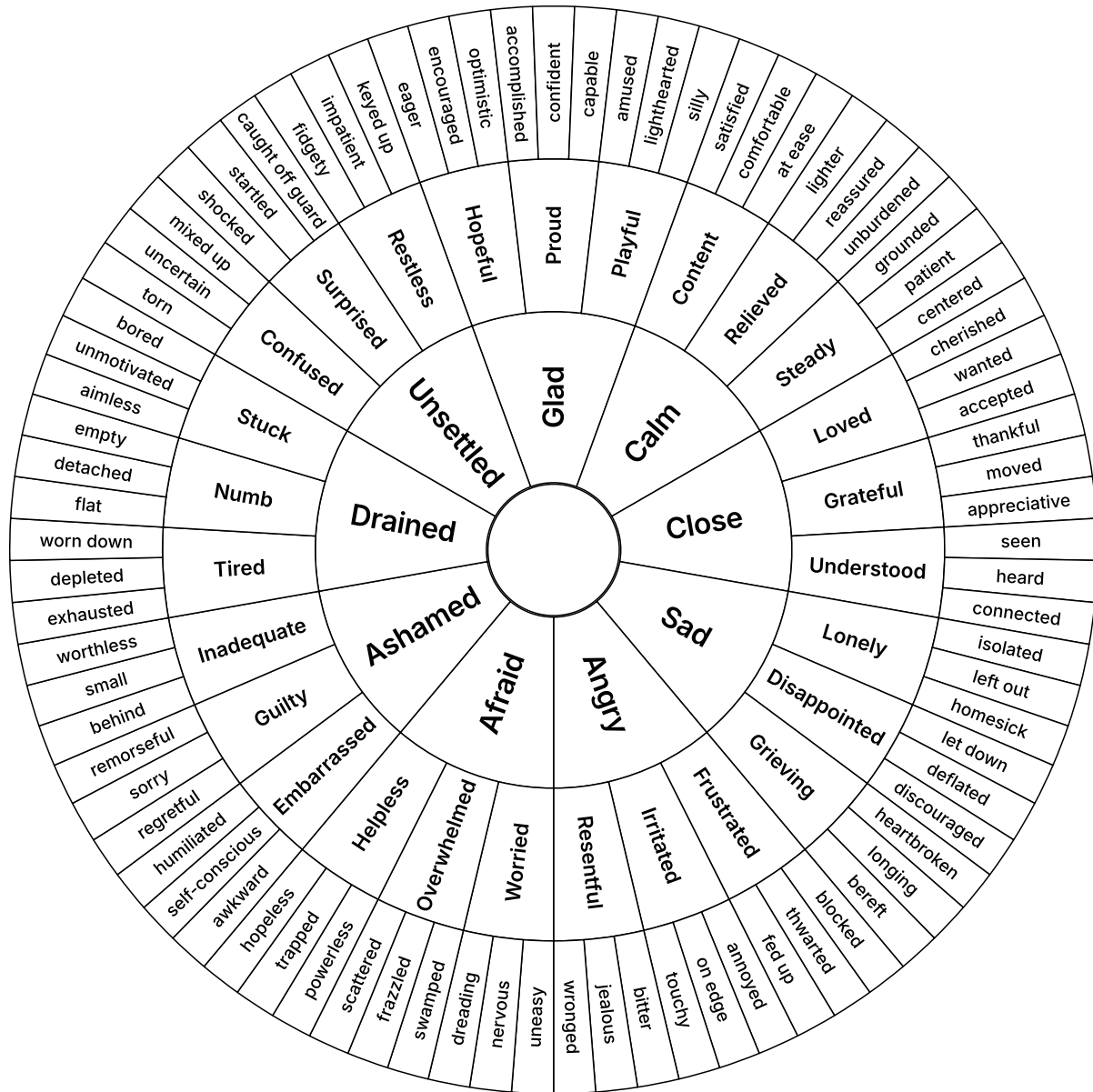


You're welcome to print and share it, as long as this page link stays on it.

Feelings wheel

Start in the middle with the closest big feeling. Move outward until a word fits.

Black-and-white version, for any printer



Finish the sentence

I feel _____ because _____

What I need right now is _____

117 feelings and what they mean

● Glad

Something is going right, and you can feel it.

Hopeful You can picture things getting better from here.

eager You want the next thing to start already.

encouraged Something gave you a reason to keep going.

optimistic You expect it to work out, more or less.

Proud You did something that matters to you.

accomplished You finished something that took real effort.

confident You trust yourself with what comes next.

capable You have what it takes to handle this.

Playful Light enough to joke around and have some fun.

amused Something struck you as funny.

lighthearted Not much is weighing on you right now.

silly You want to be a bit ridiculous, and that's fine.

● Calm

Nothing is pulling at you very hard right now.

Content What you have right now feels like enough.

satisfied Something turned out the way you hoped.

comfortable At home where you are and with who you're with.

at ease Relaxed, with nothing you need to guard against.

Relieved A worry you were carrying has eased or ended.

lighter Some weight came off, and you notice the difference.

reassured Someone or something told you it would be okay.

unburdened You put down something you'd held for a long time.

Steady You feel solid, even if things around you aren't.

grounded Here and present, not swept along by everything.

patient You can wait for it without it eating at you.

centered You know what matters to you right now.

● Close

Connected to someone, or to something bigger than you.

Loved You feel cared about, just as you are.

cherished Someone treats you as precious to them.

wanted Someone is glad you're there and shows it.

accepted You don't have to change to belong here.

Grateful You're aware of something good you were given.

thankful You want to say thank you to someone.

moved Something touched you more than you expected.

appreciative You notice the good in someone and value it.

Understood Someone gets what you mean without a fight.

seen Someone noticed what you're going through.

heard Someone listened all the way to the end.

connected You feel part of something with someone else.

● Sad

Something hurts, or something you wanted isn't there.

Lonely You want closeness, and it isn't there right now.

isolated Cut off from people, by choice or not.

left out Others are together, and you weren't included.

homesick You miss a place, a time or the people there.

Disappointed Something you hoped for didn't happen.

let down Someone didn't come through the way you counted on.

deflated The air went out of something you were excited about.

discouraged It's getting harder to believe that trying will help.

Grieving You're missing someone or something that's gone.

heartbroken A loss that hurts so much you can feel it.

longing You ache for someone or something you can't have back.

bereft Left without someone or something you leaned on.

● Angry

Something crossed a line, and you want it to stop.

Frustrated You keep trying, and something keeps getting in the way.

blocked Something stands between you and what you need to do.

thwarted Your plan was going somewhere until something stopped it.

fed up You've had enough of this and want it to change.

Irritated Small things are getting under your skin.

annoyed Something is bugging you, and it won't stop.

on edge Close to snapping, even at small things.

touchy Things land harder than usual, and you react fast.

Resentful An old unfairness is still with you.

bitter Hurt that has hardened over time.

jealous Afraid of losing what's yours, or wanting what's theirs.

wronged You were treated unfairly, and it hasn't been made right.

● Afraid

Part of you is braced for something to go wrong.

Worried Your mind keeps going to what could go wrong.

uneasy Something feels off, even if you can't say what.

nervous Jittery about something coming up.

dreading Something ahead feels heavy before it even starts.

Overwhelmed More coming at you than you can sort right now.

swamped Too much to do and not enough time or hands.

frazzled Pulled in so many directions you're starting to fray.

scattered Your attention is in pieces and won't settle.

Helpless You can't see what you could do to change it.

powerless What happens next feels out of your hands.

trapped* Every way out that you can see feels closed.

hopeless* It's hard to picture things getting any better.

● Ashamed

You feel exposed, or smaller than you want to be.

Embarrassed You wish you could take back how that looked.

awkward Unsure how to act, and very aware of it.

self-conscious You feel watched and judged, even if no one is.

humiliated Shown up or put down in front of others.

Guilty You believe you did something wrong, and it sits with you.

regretful You wish you had chosen differently.

sorry You want to make up for something you did.

remorseful You feel the harm you caused, and it weighs on you.

Inadequate Like you're not enough for what's being asked of you.

behind Everyone else seems further along than you are.

small Like you count for less than the people around you.

worthless* You can't see what you're worth right now.

● Drained

Your energy is low, and everything costs more than usual.

Tired You need rest, and you're running on what's left.

exhausted Nothing left in the tank, body or mind.

depleted You've given more than you've had time to refill.

worn down Ground down by something that hasn't let up.

Numb You can't feel much of anything right now.

flat Nothing feels good or bad, just the same.

detached Like you're watching your life from a step away.

empty* Hollow inside, as if something is missing.

Stuck You want to move, and you can't find the way.

aimless No clear direction, and nothing pulling you forward.

unmotivated You know what to do and can't make yourself start.

bored Nothing in front of you holds your interest.

● Unsettled

Something shifted, and you haven't found your footing yet.

Confused You can't make sense of it yet.

torn Part of you wants one thing and part wants another.

uncertain You don't know what's true or what to do.

mixed up Your thoughts and feelings are tangled together.

Surprised Something happened that you didn't see coming.

shocked Hit hard by something sudden and unexpected.

startled You jumped for a second at something you didn't expect.

caught off guard It happened before you had a chance to get ready.

Restless You can't settle, in your body or your head.

fidgety You can't keep still, even when you try.

impatient You want it to happen now, not later.

keyed up Wound tight, with energy that has nowhere to go.

* If it's felt like this for a while, you don't have to sort it out alone. In the US you can call or text 988, any time.