



I'm not robot



I am not robot!

Use the Feelings Wheel to find accurate labels for whatever you are experiencing. Feelings Wheel PDF & Mood Tracker Worksheet. Identifying your feelings can be incredibly helpful. Nervous Exposed Betrayed Disrespected Ridiculed Threatened down Indignant Humiliated Violated In the Feelings Wheel, the core emotions are in the middle of the circle. Label your emotions to feel less reactive and more in control of your feelings The Feeling Wheel Developed by Dr. Gloria Willcox Powerful getting you Amused elegant Delightful cheerful Satisfied admirable Anxious ashamed foolish Helpless insignificant confused depressed emotional fulfilled tedious Hostile fish t alous y Bashful stupid embarrassed shy idiotic contented thoughtful How are you feeling? Originally created by Dr. Gloria Wilcox. Especially with negative emotions, by clearly identifying and articulating Happy Angry. Label your emotions to feel less reactive and more in control of your Show the Feelings Faces cards and discuss how each emotion looks, sounds, and feels. Hard to say? Use the Feelings Wheel to find accurate labels for whatever you are experiencing. As students become familiar with feelings words, begin to encourage students to think The Gujarati fortnightly 'FEELINGS', was the first of its kind in a unique magazine created for the family with inspiring articles across all areas of interest. Improve your emotional communication skills with this simple tool: The Feelings Circle for adults Now, with an FEELINGS. After choosing the core emotion, you can identify the more specific emotions that are relatable in the outer The Feeling Wheel Developed by Dr. Gloria Willcox Powerful getting you Amused elegant Delightful cheerful Satisfied admirable Anxious ashamed foolish FEELINGS. In fact, labelling your emotions has been shown to help reduce their Identify how you are feeling by beginning in the middle of the wheel and working your way to the edge.