

The Feelings Wheel

If you find it challenging to identify your emotions, you're not alone. And all of us can probably become more precise in identifying what we feel. There is no one way to "map" emotions and how they relate to each other, but the Feelings Wheel, developed by Dr. Gloria Willcox, illustrates the wealth of emotions available to us.

As you can see, the middle wheel contains more specific versions of the feelings in the central wheel. The outer wheel contains common responses to those feelings. So for instance when you're excited you might be more daring, and when you feel hurt you might become more distant.

Excerpted from the Peaceful Parent, Happy Kids Workbook by Dr. Laura Markham, AhaParenting.com

