

A GENTLE TOOL FOR NOTICING

MY FEELINGS WHEEL

Start anywhere. More than one feeling can be true at the same time.

Point to a word, circle one, write your own, or pass. The wheel is a starting place — not a test.



TRY IT

Choose a broad word in the inner ring. Move outward if a more specific word fits. You can choose more than one — or none yet.

“I DON’T KNOW YET” IS AN ANSWER.

Feelings can change quickly, arrive together, or be hard to name. Point, circle, write, draw or pass.



This tool supports noticing and communication. It is not a test or diagnosis.

HI, I'M GRIEF ❤️

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