Feelings wheel

1. Start in the middle. Pick the core feeling closest to how you feel.
2. Move out a ring to the feeling that fits better.
3. Go to the outer ring if a more exact word clicks.
4. More than one can be true. Circle them all.

Today I feel:

_____

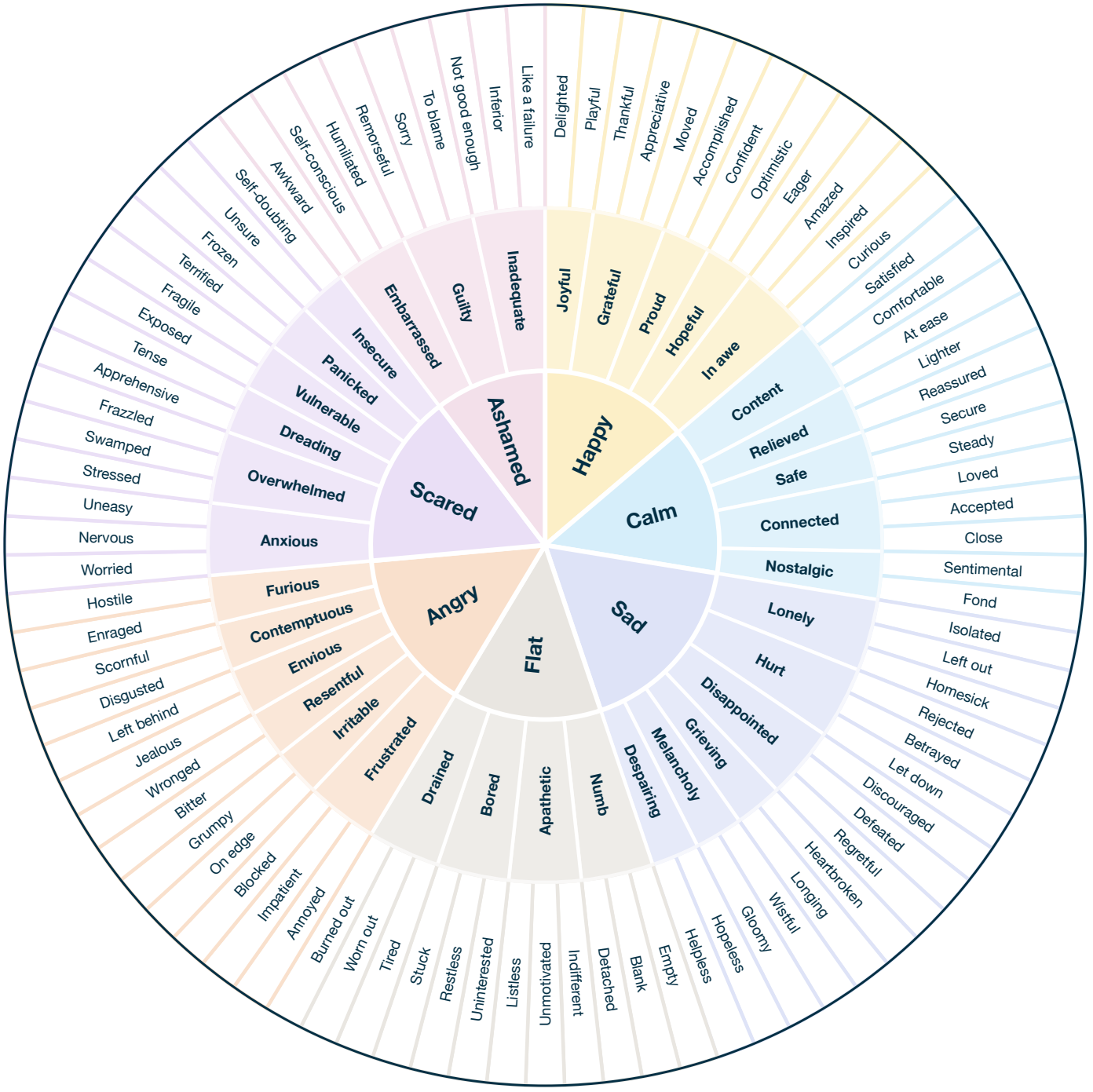
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What brought it on?

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Joyful's own grouping of 129 feelings. The idea of a feelings wheel comes from Gloria Willcox, Transactional Analysis Journal, 1982. Made by Joel Dean, Joyful AI Journal. joyfulaijournal.com/feelings If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.