

Art Therapy Worksheet

- My Emotion Wheel -

Client Name

Alice Smith

Date

01 / 16 / 2023



- Accepted
- Amazed
- Annoyed
- Anxious
- Awful
- Bored
- Confident
- Confused
- Disappointed
- Disgusted

- Jealous
- Lonely
- Loving
- Mad
- Overwhelmed
- Peaceful
- Playful
- Powerful
- Proud
- Relieved

- Rejected
- Satisfied
- Scared
- Shame
- Shocked
- Silly
- Startled
- Stressed
- Threatened
- Weak

- Embarrassed
- Excited
- Grateful
- Grief
- Guilty
- Helpless
- Hesitant
- Hopeful
- Hurt
- Insecure