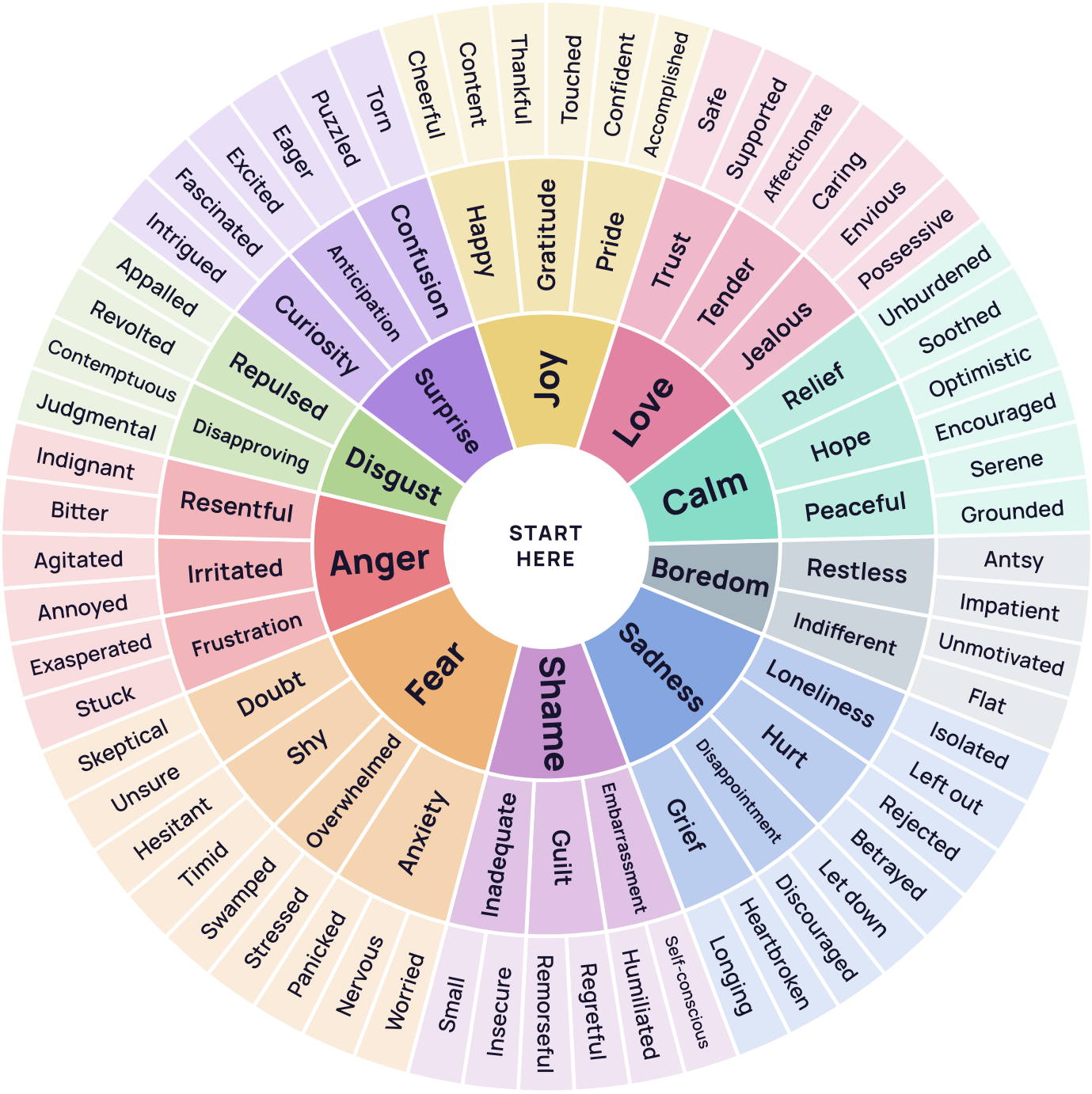
WITHIN · FREE PRINTABLE

Feelings wheel

Start in the middle with the broad feeling. Move outward to find the precise word.



HOW TO USE IT

Three steps, about a minute

1. **Start in the middle.** Pick the broad feeling that seems closest. Roughly right is enough.
2. **Move outward.** Read the words around it and choose the one that fits best.
3. **Notice your body.** Where do you feel it, and how does it feel there?

Check in

Right now I feel

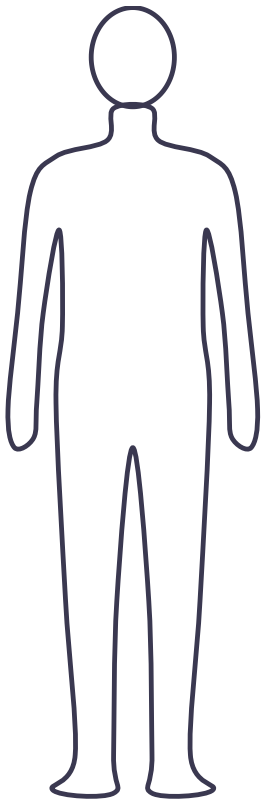
I notice it in my

It feels

tight · heavy · hot · tingling · pressure · numb

Just before, this happened:

What I might need:



Mark where you feel it

NAME IT AS IT HAPPENS

Within: a journal for the moments that move you

Log the feeling, where it sits in your body, and what was going on. Over time you see your patterns. Free on iPhone and Android.

iPhone

Android

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