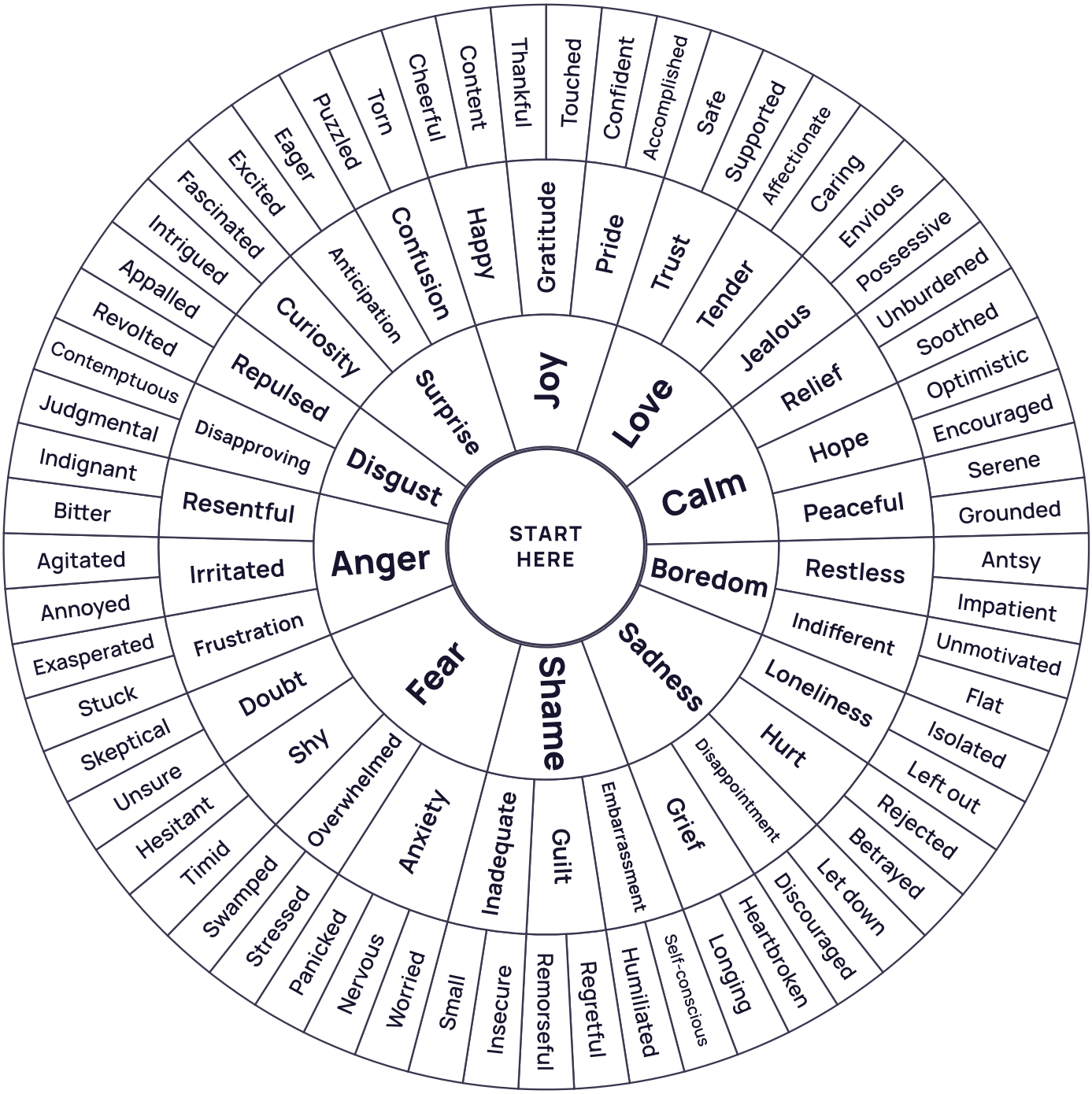
WITHIN · FREE PRINTABLE

Feelings wheel

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


START HERE
Joy
Love
Calm
Boredom
Sadness
Shame
Fear
Anger
Disgust
Surprise
Happy
Gratitude
Pride
Trust
Tender
Jealous
Relief
Hope
Peaceful
Restless
Indifferent
Loneliness
Hurt
Disappointment
Grief
Embarrassment
Guilt
Inadequate
Anxiety
Overwhelmed
Shy
Doubt
Frustration
Irritated
Resentful
Disapproving
Repulsed
Curiosity
Anticipation
Confusion
Content
Thankful
Touched
Confident
Accomplished
Safe
Supported
Affectionate
Caring
Envious
Possessive
Unburdened
Soothed
Optimistic
Encouraged
Serene
Grounded
Antsy
Impatient
Unmotivated
Flat
Isolated
Left out
Rejected
Betrayed
Let down
Discouraged
Heartbroken
Longing
Self-conscious
Humiliated
Regretful
Remorseful
Insecure
Small
Worried
Nervous
Panicked
Stressed
Swamped
Timid
Hesitant
Unsure
Skeptical
Stuck
Exasperated
Annoyed
Agitated
Bitter
Indignant
Judgmental
Contemptuous
Revolted
Appalled
Intrigued
Fascinated
Excited
Eager
Puzzled
Torn
Cheerful

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

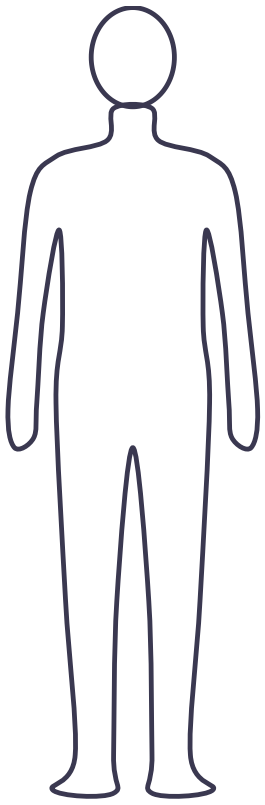
I notice it in my

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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