## **Emotion Wheel Worksheet**

Name	Date
Apolithetic  Resulted  Apolithetic  Resulted  Apolithetic  Another above emotions wheel, choose the word(s) that of the control of the contro	Angry  Angry  Aggressive  Frustrated  Infuriated  Annoyed  Withdrawn  Numb  Skepical  Numb  Repolled  Hostile  Infuriated  Annoyed  Withdrawn  Numb  Numb  Repolled  Hostile  Infuriated  Annoyed  Withdrawn  Numb  Repolled  Remorreful  Remorreful  Remorreful  Remorreful
I feel	
Questions to think about:	
What situations make you feel this way?	
Emotion wheel developed by <u>Dr Gloria Wilcox</u>	

Name	Date
Questions to think about: (Continued)	
Is this a positive or negative emotion for you?	
What thoughts do you have when you feel this way?	
What physical feelings tell you that you are having this emotion?	
What is your behavior when you feel this way? i.e. what do you do?	
Additional Notes	