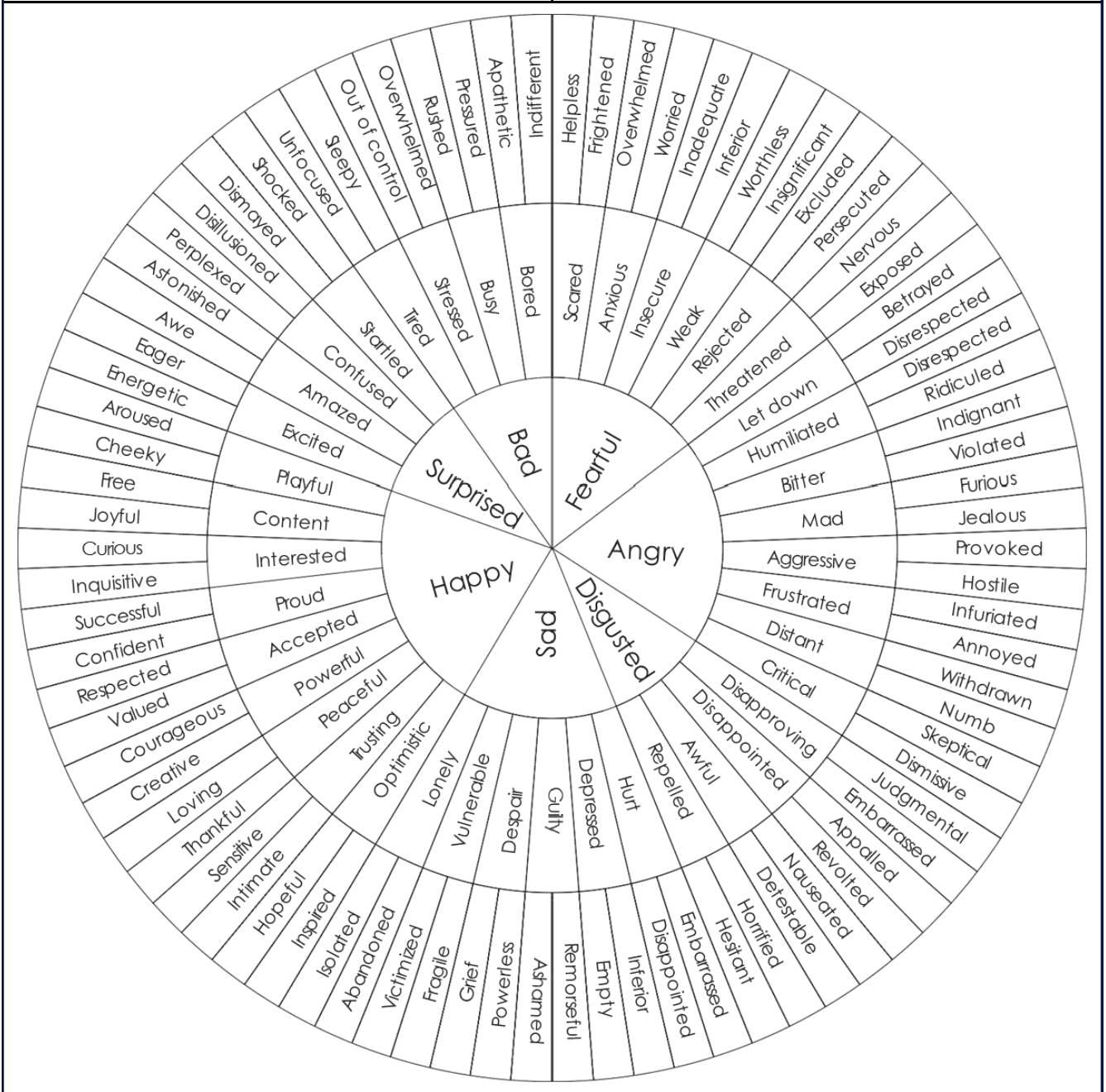


Emotion Wheel Worksheet

Name	Date
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Using the above emotions wheel, choose the word(s) that describe your feeling(s) as closely as possible.

I feel...

Questions to think about:

What situations make you feel this way?

- Emotion wheel developed by Dr Gloria Wilcox

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	