

Emotion Wheel Worksheet

Emotion Wheel

Name: _____ Date: _____ dd / mm / yyyy

Sex: _____ Age: _____

Instructions: Using the emotion wheel, select the word(s) that best describe your current feeling(s), then answer the reflection questions.

Identified emotion(s) - Specify below:

1. What situations trigger this emotion for you?

2. Do you consider this emotion positive, negative, or neutral? Why?

3. What thoughts typically accompany this emotion?

4. What physical sensations help you recognize this emotion?

5. How do you usually behave or respond when feeling this way?

Notes - Specify below: