

Sensation Emotion Wheel

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This text is based on Gloria Wilcox's Feeling Wheel and is used for informational purposes.

REFLECTION:

How do the emotions you found on the Sensation Emotion Wheel relate to your recent experiences?

What physical sensations do you feel with each emotion? Do you notice any patterns?

How does your body express different emotions?

What triggers certain emotions for you? Can you identify any common situations or thoughts?

Which coping strategies do you find most helpful? How will you incorporate them into your daily life?

Additional Notes: