

Schedule a Free Consultation

Find the Words for What You Feel

The Ultimate Wheel of Emotions

→ [Focusedpathways.org](https://focusedpathways.org)

Emotions can be complex, layered, and sometimes difficult to express. When we lack the right words to describe how we feel, emotions can become overwhelming or misunderstood.

The Wheel of Emotions is a tool designed to help you:

- Identify your emotions with greater precision.
- Understand what you're feeling and why.
- Process emotions in a healthy, structured way.
- Improve communication with yourself and others.

Many people, especially those navigating grief, trauma, or stress, struggle to verbalize their emotions. By naming what we feel, we activate the rational part of the brain, which helps us regulate and work through emotions rather than being controlled by them.

How the Wheel of Emotions Works

This tool organizes emotions into six core feelings, with each branching into more specific variations:

1. Happy → Content, Proud, Joyful, Grateful, Loving
2. Sad → Lonely, Isolated, Guilty, Remorseful, Despairing
3. Angry → Frustrated, Resentful, Hostile, Annoyed, Jealous
4. Fearful → Insecure, Anxious, Overwhelmed, Rejected, Helpless
5. Surprised → Amazed, Confused, Startled, Shocked, Disillusioned
6. Disgusted → Judgmental, Disapproving, Awful, Embarrassed

By moving outward from the center, you can pinpoint the exact emotion you're experiencing, which helps with emotional clarity, processing, and regulation.

How to Use the Wheel of Emotions

Step 1: Pause & Check In

- Take a deep breath and notice what you're feeling in your mind and body.
- Pay attention to any tension, restlessness, or heaviness you might be holding.

Step 2: Identify the Core Emotion

- Look at the center of the Wheel and choose the core emotion that best fits your experience.
- If more than one applies, that's okay—emotions often overlap.

Step 3: Explore the Layers

- Move outward to refine your emotion.
- Example:
 - Core Emotion: Fearful
 - Second Layer: Anxious
 - Third Layer: Overwhelmed

Step 4: Acknowledge & Process

- Ask yourself:
 - What triggered this feeling?
 - What is this emotion telling me?
 - What do I need right now?

Why Naming Emotions Matters

- Helps reduce emotional overwhelm.
- Improves self-awareness and emotional intelligence.
- Strengthens communication with yourself and others.
- Allows for better emotional regulation and coping strategies.

By using the Wheel of Emotions, you can begin to process feelings in a more structured and empowering way.

Carrying Onward with Strength & Purpose

Understanding and processing our emotions allows us to show up fully for the people who matter most. Whether you're supporting loved ones, leading a team, or navigating your own healing, emotional clarity helps you respond with strength, compassion, and resilience.

This journey is not about letting go—it's about honoring what we carry while finding the tools to move forward.

Use the link below or visit us at focusedpathways.org/start to schedule a free consultation and take the next step toward focus, purpose, and community.

