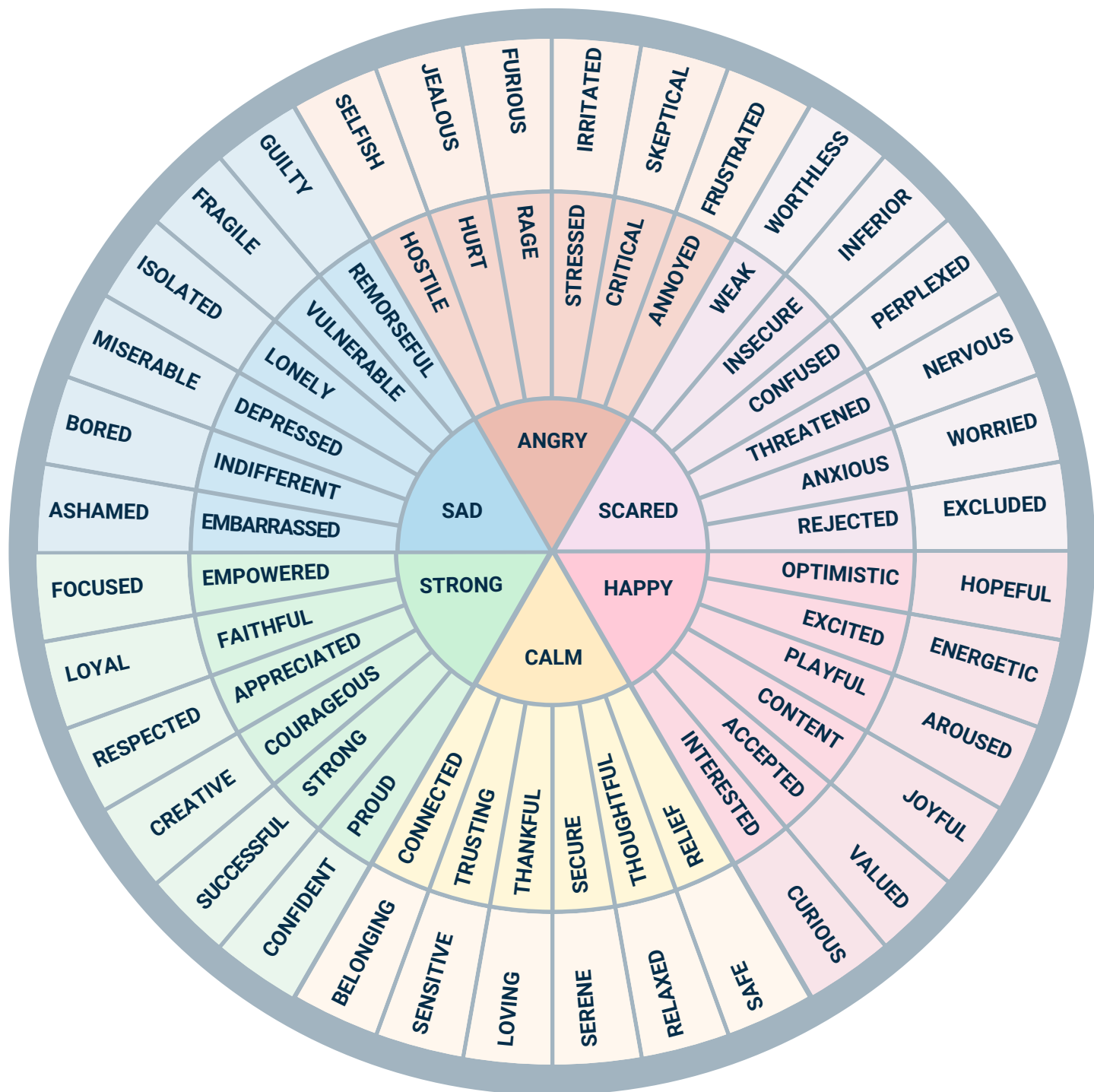


# The Feelings Wheel

Gloria Willcox, 1982



The purpose of the feeling wheel is to assist you in identifying and describing your emotions. While it doesn't encompass all possible feelings, it provides a foundation to identify, label and articulate your emotions. To learn more about how to utilize the feeling wheel, you can read our [blog post](#) on it.