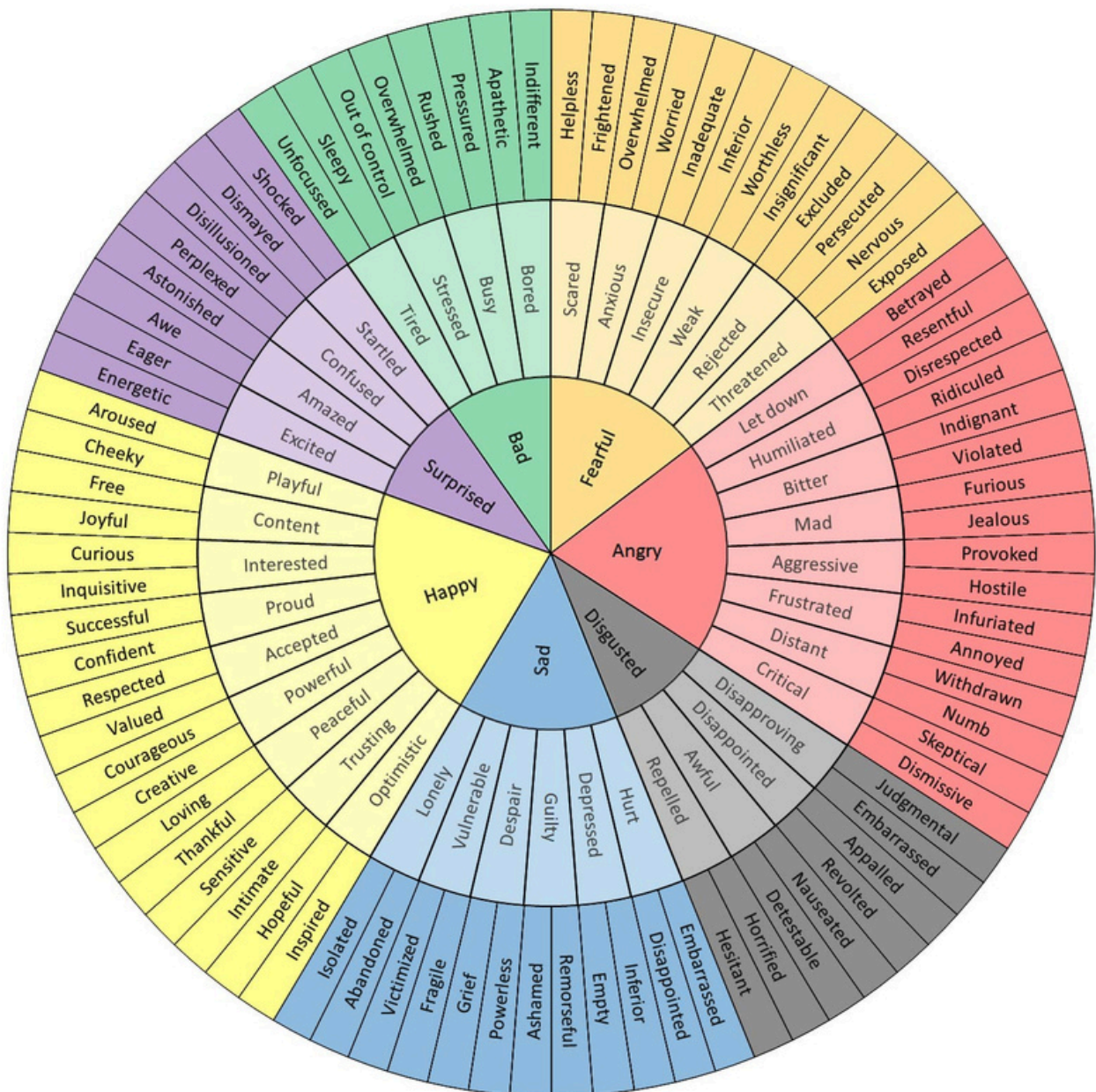


FEELINGS WHEEL

JESSICA HAART, M.ED, NCC, LPC
NOT BROKEN THERAPY & WELLNESS, LLC



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HOW IT WORKS

- Save this image to your phone for easy access
- Start in the center of the wheel and identify any primary emotions you're feeling.
- Work your way outward to get more specific

Think of your emotions as your compass—they show you when something's off or when something's working. Difficult emotions like frustration or anger often mean your needs aren't being met, while less difficult ones like happiness or peace usually mean you're in alignment with what you need.

It is totally okay to feel overwhelmed – there is A LOT going on here. Let yourself consider the emotions without any pressure to “get it right.” The more you practice, the easier it will feel.