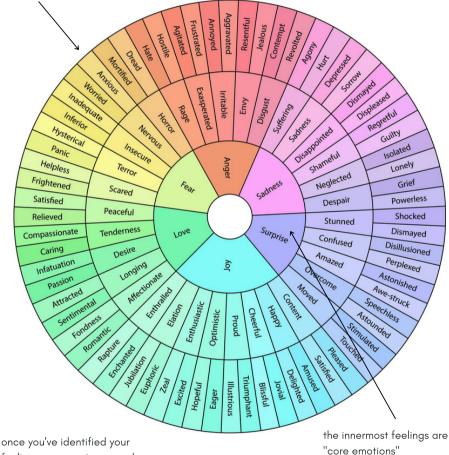


Use this feelings wheel to identify your emotions.

the outermost feelings are heightened, magnified, or specific versions of their core emotion

start by asking yourself:

"what am I feeling in this moment?"



once you've identified your feelings, you can trace each emotion back to a "core" emotion

this feelings wheel was created by the junto institute