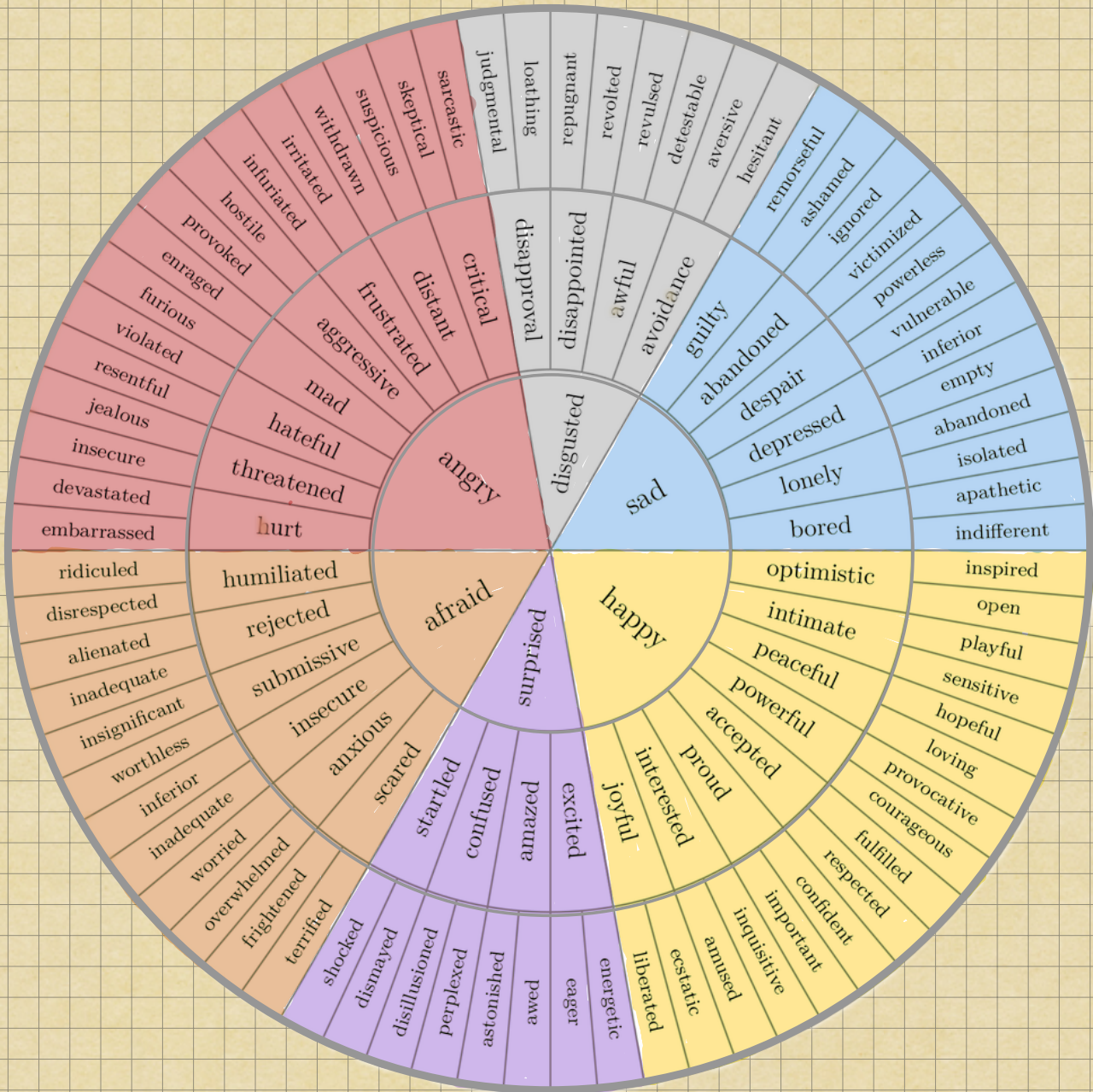


THE FEELINGS WHEEL



KEY TERMS

↳ **FROZEN** → A term I use to describe when someone is trapped by fear and has locked their emotions in a numb state

↳ **UNAWARE** → This person is being driven by their emotions, but has not taken the time to identify these drivers.

↳ Often, this lack of identification is due to the fact that they **HAVE** NOT been taught a healthy scope of emotional options.

↳ **LOCATE** → This is a process of spending time with this wheel to determine what's happening at an internal level.

↳ Many times, we will jump to a "pet emotion" we often use as a distraction, or cover, for what's really going on.

OPTIMAL USE

x At a specific time each day, locate where you are on the wheel and communicate it to someone.

x Over time, look for patterns of certain feelings showing up in tandem with certain circumstances.

↳ Example One: I often feel **lovely** before acting out sexually

↳ Example Two: I often feel **optimistic** after spending time outdoors.