



Emotion Sensation Wheel Pdf

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Use the Feelings Wheel to find accurate labels for whatever you are experiencing. Label your emotions to feel less reactive and more in control of your feelings. Sources: . Download a PDF of the Feelings Wheel, a tool to help you identify and express your emotions. The Feelings Wheel also includes a Sensation List to connect your emotions with your body . EMOTION & FEELING WHEEL. Title: emotionwheel_ Created Date: 4/23/ PM. The Emotion Sensation Feeling Wheel is an adaptation of the “feelings wheel” that many therapists and educators use to help people learn to better recognize and name their emotions. My take is a little different: the outer circle of this feeling wheel. This resource is an adaptation of the “Feelings Wheel” that many therapists and educators use to help people learn to better recognize and name their emotions. This worksheet has blank rings for customizing to an individual’s own emotional experiences. Download a free PDF of the Emotion Sensation Wheel, a therapist-designed tool to help connect emotions and body sensations. Learn how to use it with different age levels, languages, and therapy approaches.