

Emotion Wheel Worksheet

Name:

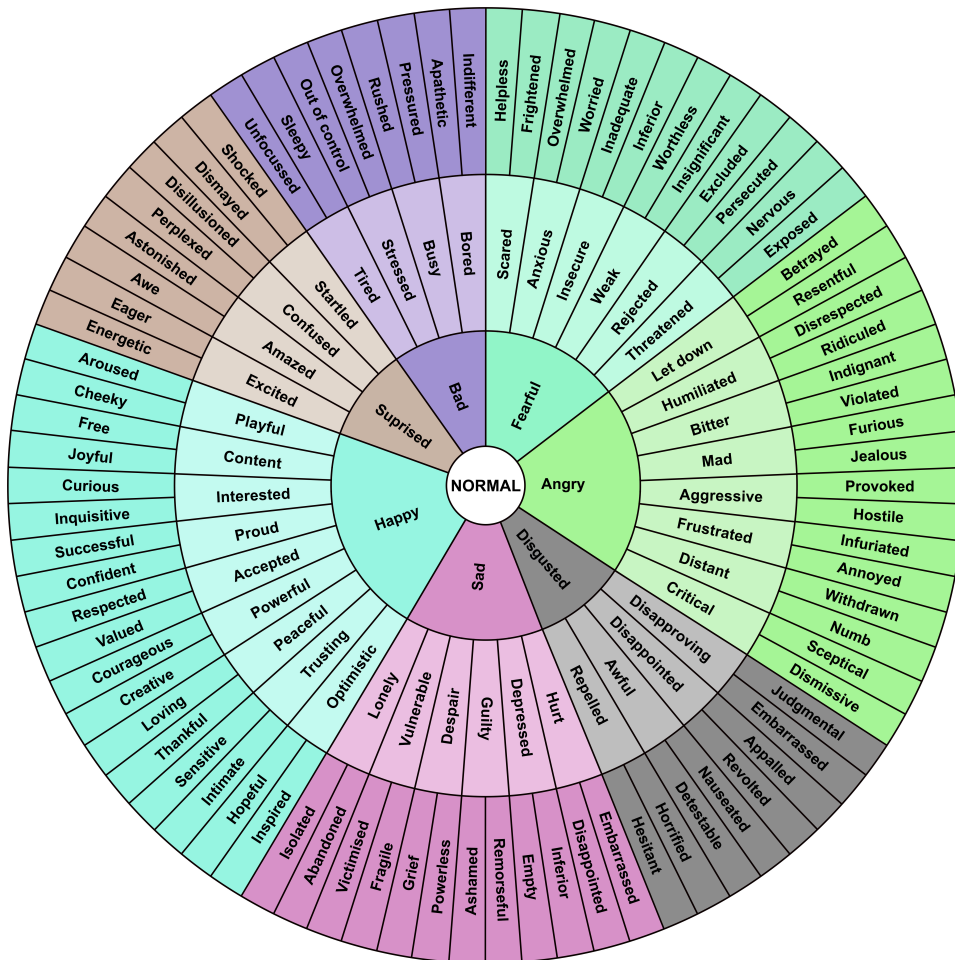
Date:

Age:

Sex:

Instructions:

Using the emotion wheel, select the word(s) that best describe your current feeling(s), then answer the reflection questions.



Identified emotion(s)

Reflection questions

1. What situations trigger this emotion for you?

2. Do you consider this emotion positive, negative, or neutral? Why?

3. What thoughts typically accompany this emotion?

4. What physical sensations help you recognize this emotion?

5. How do you usually behave or respond when feeling this way?

Notes