FEELINGS WHEEL

Find the word for it

Juno

Start in the middle: which of the six broad feelings is closest? Move outward until a word fits. Precise words make check-ins, therapy notes and symptom logs far more useful than “fine” or “bad”.

CORE	MORE SPECIFIC	EVEN MORE SPECIFIC	TODAY?
Angry	Frustrated	Annoyed · Impatient	
	Irritated	Agitated · Prickly	
	Resentful	Betrayed · Used	
	Let down	Disappointed · Cheated	
	Humiliated	Embarrassed · Small	
	Bitter	Jealous · Indignant	
Sad	Lonely	Isolated · Abandoned	
	Hurt	Disappointed · Fragile	
	Grieving	Mourning · Longing	
	Depressed	Empty · Flat	
	Guilty	Ashamed · Remorseful	
	Powerless	Helpless · Defeated	
Fearful	Anxious	Worried · On edge	
	Insecure	Inadequate · Exposed	
	Overwhelmed	Swamped · Frozen	
	Scared	Frightened · Helpless	
	Weak	Worn out · Fragile	
	Rejected	Excluded · Persecuted	
Surprised	Startled	Shocked · Dismayed	
	Confused	Disillusioned · Perplexed	
	Amazed	Astonished · Awed	
	Excited	Eager · Energetic	
Happy	Content	Satisfied · Free	
	Proud	Confident · Successful	
	Hopeful	Optimistic · Inspired	
	Playful	Cheeky · Aroused	
	Accepted	Respected · Valued	
	Peaceful	Thankful · Loving	
Calm	Relieved	Unburdened · Lighter	
	Safe	Trusting · Held	
	Grounded	Present · Steady	
	Rested	Restored · Soft	
	Curious	Interested · Open	
	Connected	Understood · Close	

CONTEXT
What was happening?

BODY CUE
Where do I feel it?

NEED
What would help?