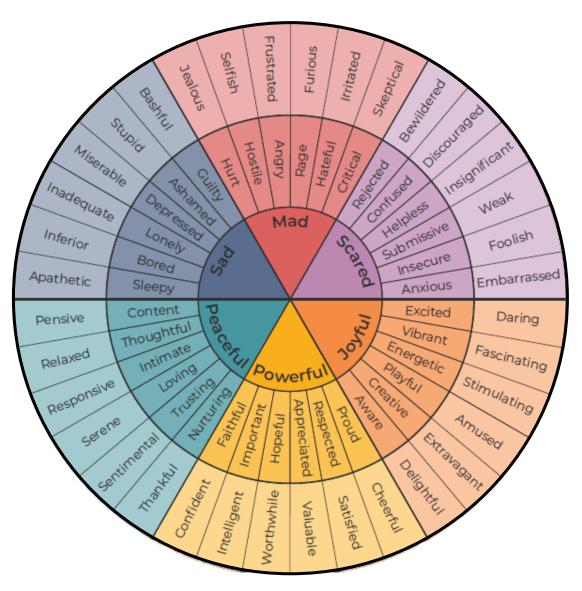
The Feelings Wheel

Feelings are funny things. The words we use to describe them can camouflage or confuse the essence of the emotion. Or perhaps the words don't do justice for what you are feeling. The Feelings Wheel, developed by Dr. Gloria Wilcox, can help identify and define emotions. For example, "embarrassed" is tied to the emotion "scared." Knowing that can help identify the physical reactions you have when you feel embarrassed. Understanding feelings can help when dealing with compassion fatigue, overwhelm, and burnout. Use this tool when completing the 5-point barometer.



Reference: Wilcox, G. The Feeling Wheel. *Positive Psychology Practitioner's Toolkit*. https://www.gnyha.org/wp-content/uploads/2020/05/The-Feeling-Wheel-Positive-Psycology-Program.pdf