CHRONIC JOY®

Chronic Illness, Mental Illness, Chronic Pain & Disability

THE EMOTIONS WHEEL

HOW TO USE THE EMOTIONS WHEEL

1. Start at the center and choose one of six primary emotions.
2. Follow out to the second ring and choose the next most accurate emotion. Continue to the third ring and choose the most accurate of those emotions.
3. Shade in the areas as you experience them. Simply notice.
4. Spend a few minutes thinking about and journaling your insights or new understanding.

