FEELINGS WHEEL

Calm          Proud          Confident          Hopeful

Silly          Excited          Content          Creative

Inferior          Vulnerable          Disappointed          Tired

Insignificant          Lonely          Depressed          Hurt

Nervous          Scared          Med          Threatened

Jealous          Offended          Embarrassed          Frustrated

Stressed          Hesitant          Impatient          Ashamed

Guilty          Repelled          Judgmental          Critical

Lonely          Tired          Disappointed          Insignificant

Inferior          Depressed          Creative          Excited

Hopeful          Confident          Proud          Silly

Content          Calm          Crushed          Overwhelmed

Amazed          Shocked          Surprised          Happy

HAPPY          DISGUST          ANGER          FEAR

LOVE          FEELINGS WHEEL

FEELINGS WHEEL

Intermountain Primary Children’s Hospital

Hold On To Dear Life®