

## The Emotion Wheel

This wheel will help you understand and label your emotions. For each emotion below, think of how they make you feel, and write them in the most appropriate box of the wheel.



## Emotions List

Proud	Inadequate	Shocked	Offended
Unworthy	Helpless	Sick	Accepted
Frustrated	Confident	Lonely	Confused
Affectionate	Guilty	Inferior	Awful
Amazed	Mad	Confident	Worried
Disappointed	Trusted	Excluded	Ashamed
Annoyed	Overwhelmed	Shameful	Hurt
Gentle	Insecure	Grateful	Caring