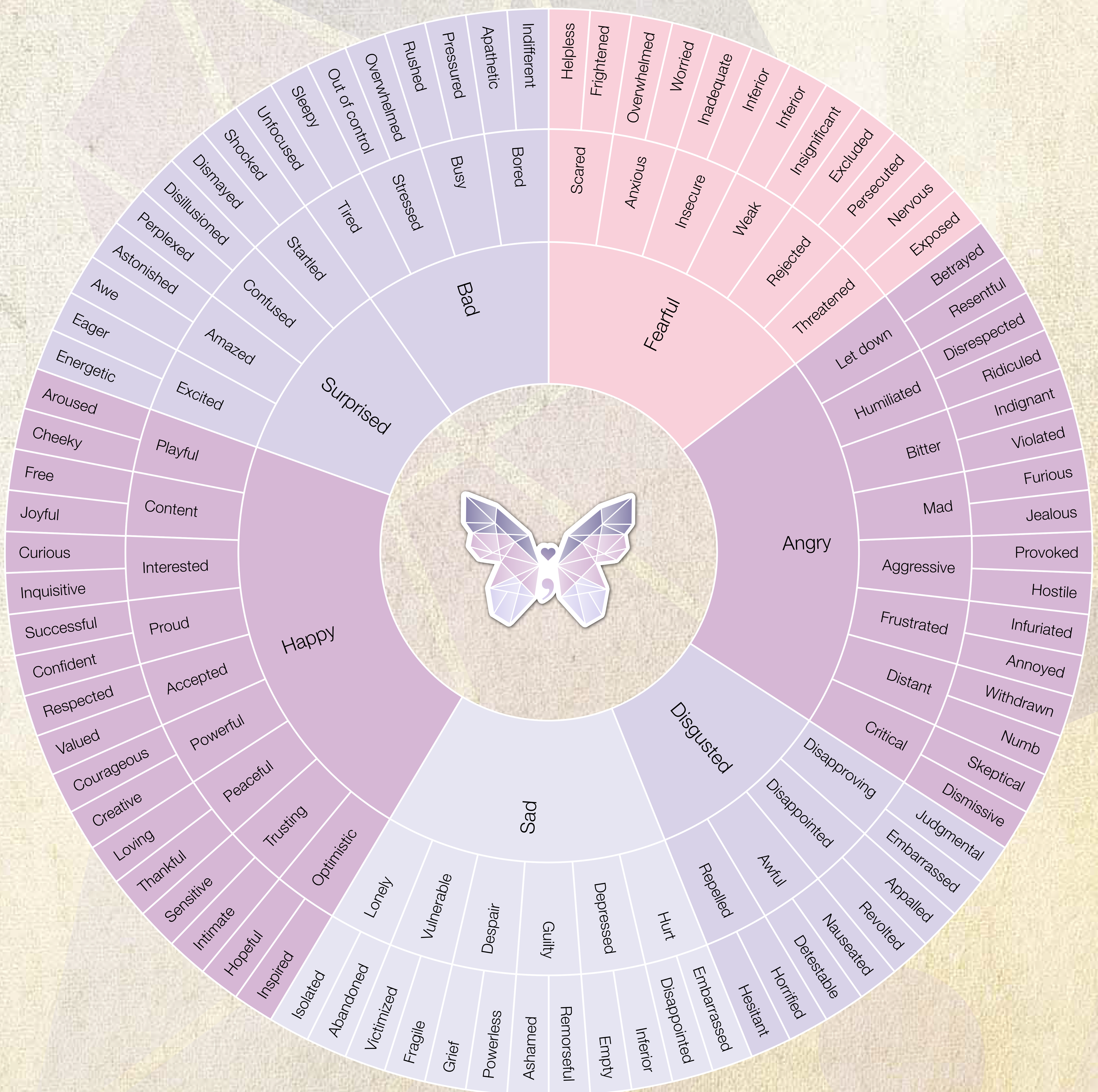
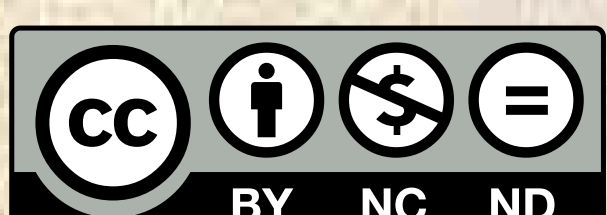


# The Feelings Wheel

The Feelings Wheel, is designed to help us put the right words to the emotions we are having. Look at the wheel, work your way from the inside out. Find what best matches what you are feeling.



This is a recreation of Geoffrey Roberts's Emotion Wheel. Robert's 2015 work appears to be based on a vocabulary wheel by Kaitlin Robbs from 2014, which in turn appears to be based on The Feeling Wheel published by Gloria Willcox in 1982.



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