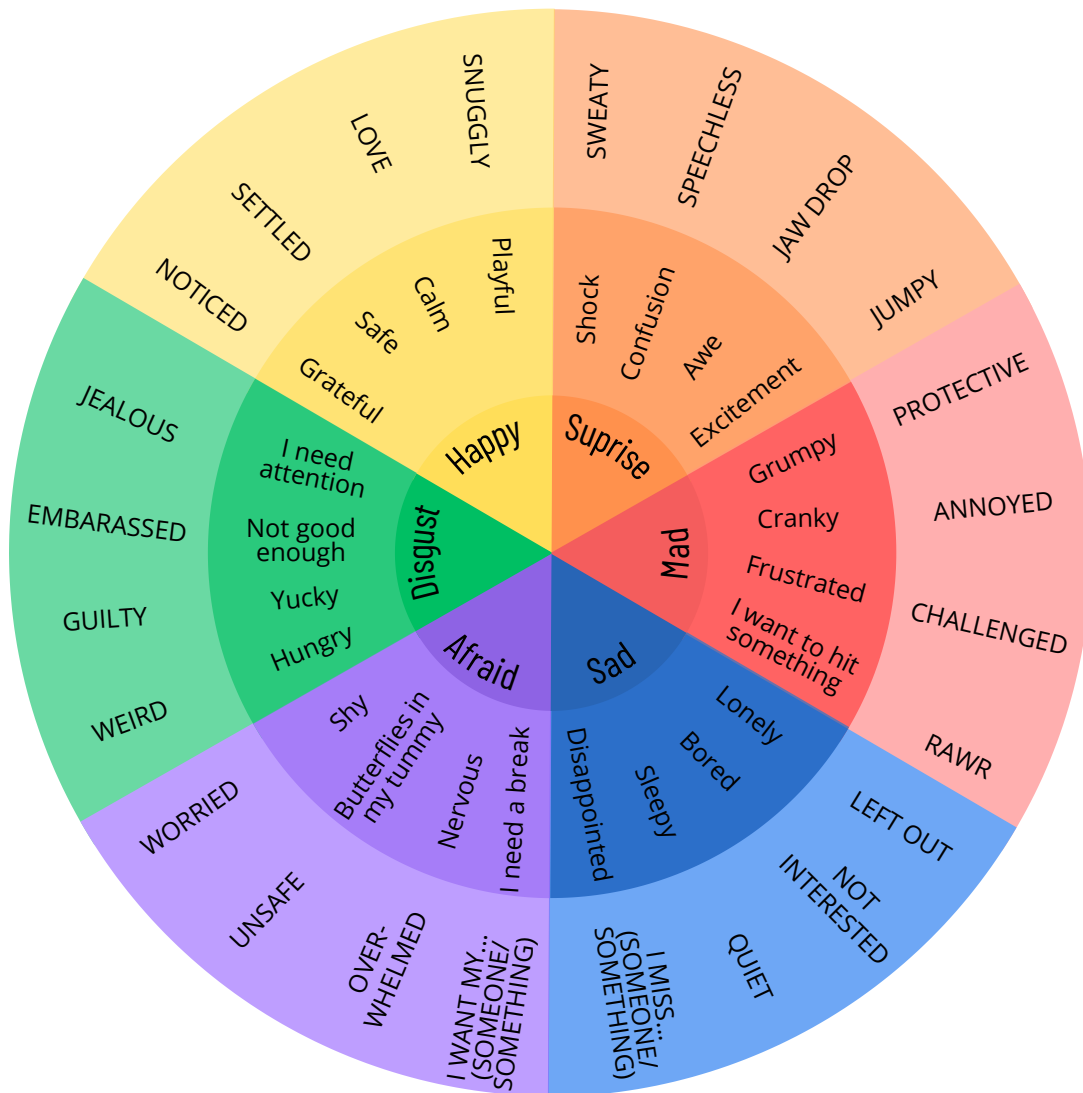


# UNDERSTANDING THE EMOTIONS WHEEL: ARE THERE REALLY SO MANY EMOTIONS?

Emotions are a fundamental part of our human experience, and we experience them every day in varying intensities. But have you ever stopped to think about the sheer number of emotions that you're capable of feeling? From joy and love to anger and sadness, it can feel like there's an endless list of emotions to navigate. **Emotions are like the colours of the rainbow - there are so many different shades, and each one is unique and beautiful in its own way.** But with so many emotions, it can be hard to know where to start. That's where the emotions wheel comes in!



Think of the emotions wheel as your own personal GPS for emotions. It's a tool that helps you navigate the complex world of emotions and find your way to your true feelings.

The wheel is made up of different sections, each representing a different category of emotions. From primary emotions such as joy, sadness, anger, and fear, to secondary emotions like envy, shame, and guilt, the emotions wheel has got it all!



**By using the emotions wheel, you can more accurately label and express how you're feeling.** This wheel can be particularly helpful when you're trying to communicate with others, as it can be difficult to describe certain emotions in words.

For example, instead of simply saying, "I'm feeling bad," you can use the emotions wheel to pinpoint exactly what you're feeling, such as "I'm feeling overwhelmed and anxious."



## *Emotion Explorers: Try using the emotions wheel to identify your feelings!*

**Use the emotions wheel to complete the following sentences:**

1. I am feeling \_\_\_\_\_ right now.

2. When I think about a stressful situation, I feel a mix of \_\_\_\_\_ and \_\_\_\_\_.

3. When I accomplish a goal, I feel really \_\_\_\_\_.

4. On a typically rough day, I feel \_\_\_\_\_ and \_\_\_\_\_.

5. When I think about my future, I feel both \_\_\_\_\_ and \_\_\_\_\_.

6. When I do something I love, I feel \_\_\_\_\_ and \_\_\_\_\_.

7. Sometimes I feel \_\_\_\_\_ and \_\_\_\_\_, and it's hard to know how to express myself.

8. It's okay to feel \_\_\_\_\_ and \_\_\_\_\_, even when things are going well.

9. When I'm with my friends, I feel \_\_\_\_\_ and \_\_\_\_\_.

10. When I'm doing something outside of my comfort zone, I feel \_\_\_\_\_ and \_\_\_\_\_.

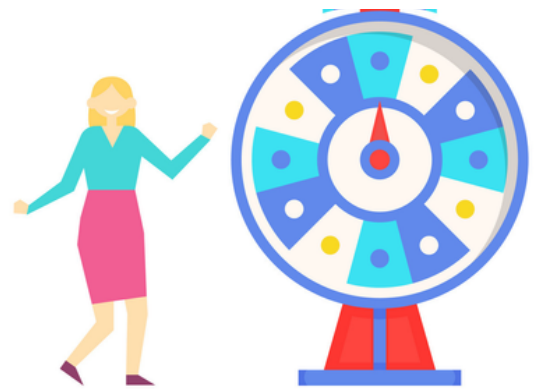


## *You May Lie on a Spectrum of Emotions*

While the emotions wheel is a great tool, it's important to remember that emotions are complex and often lie on a spectrum. **Sometimes, you can expect your emotions to be gray versus being either black or white.** You might feel a mix of joy and nervousness before a big event or a combination of sadness and anger after a breakup. It's all normal and natural! The goal is not to perfectly categorise every emotion but to use the wheel as a starting point for better understanding and expressing yourself.

## **Emotions are like the spices of life - they add flavour and dimension to our experiences.**

The emotions wheel is a fun and engaging tool that can help you better understand and express your emotions. So the next time you're feeling a little overwhelmed, take a spin on the emotions wheel and see what emotion pops up! Remember, emotions are complex and nuanced, but with the emotions wheel, you have a great starting point for better understanding and expressing yourself.



If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.