

THE FEELING WHEEL

A Guide to Your Feelings

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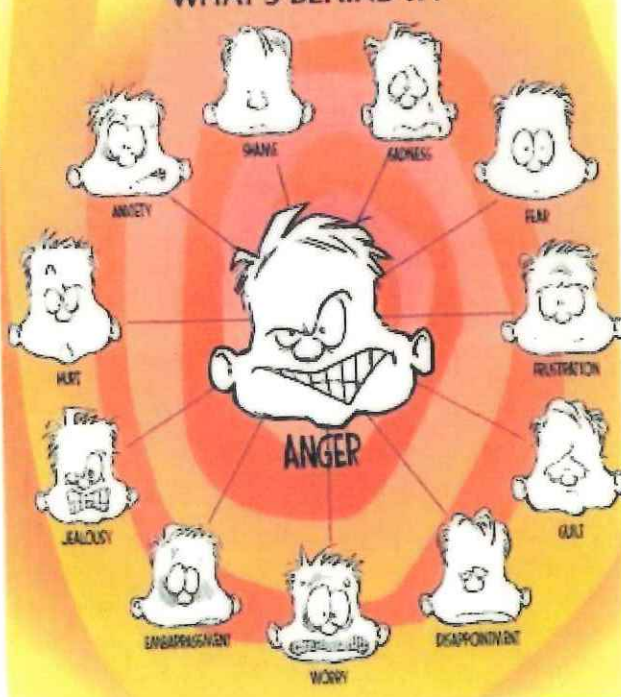
How Do I Feel Right Now?

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|---|---|---|---|---|
| 1. | 2. | 3. | 4. | 5. |
| Calm Relaxed Content Happy Peaceful Positive Settled | Nervous Worried Concerned Anxious Fidgety Jittery Unsure | Tense Insecure Confused Lost Upset Sad Impatient | Overwhelmed Uncomfortable Agitated Frustrated Irritated Discouraged Cross | Angry Panicked Out of Control Rage Powerless Frightened Despair |
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|  |  |  |  |  |

MANAGING YOUR ANGER

WHAT'S BEHIND IT?



The diagram illustrates the components of anger. At the center is a large, grumpy cartoon face labeled 'ANGER'. Ten lines radiate from this central face to ten smaller cartoon faces, each representing a different emotion that can lead to anger. Starting from the top and moving clockwise, the emotions are: SHAME, SADNESS, FEAR, FRUSTRATION, GUILT, DISAPPOINTMENT, WORRY, EMBARRASSMENT, JEALOUSY, and ANXIETY.