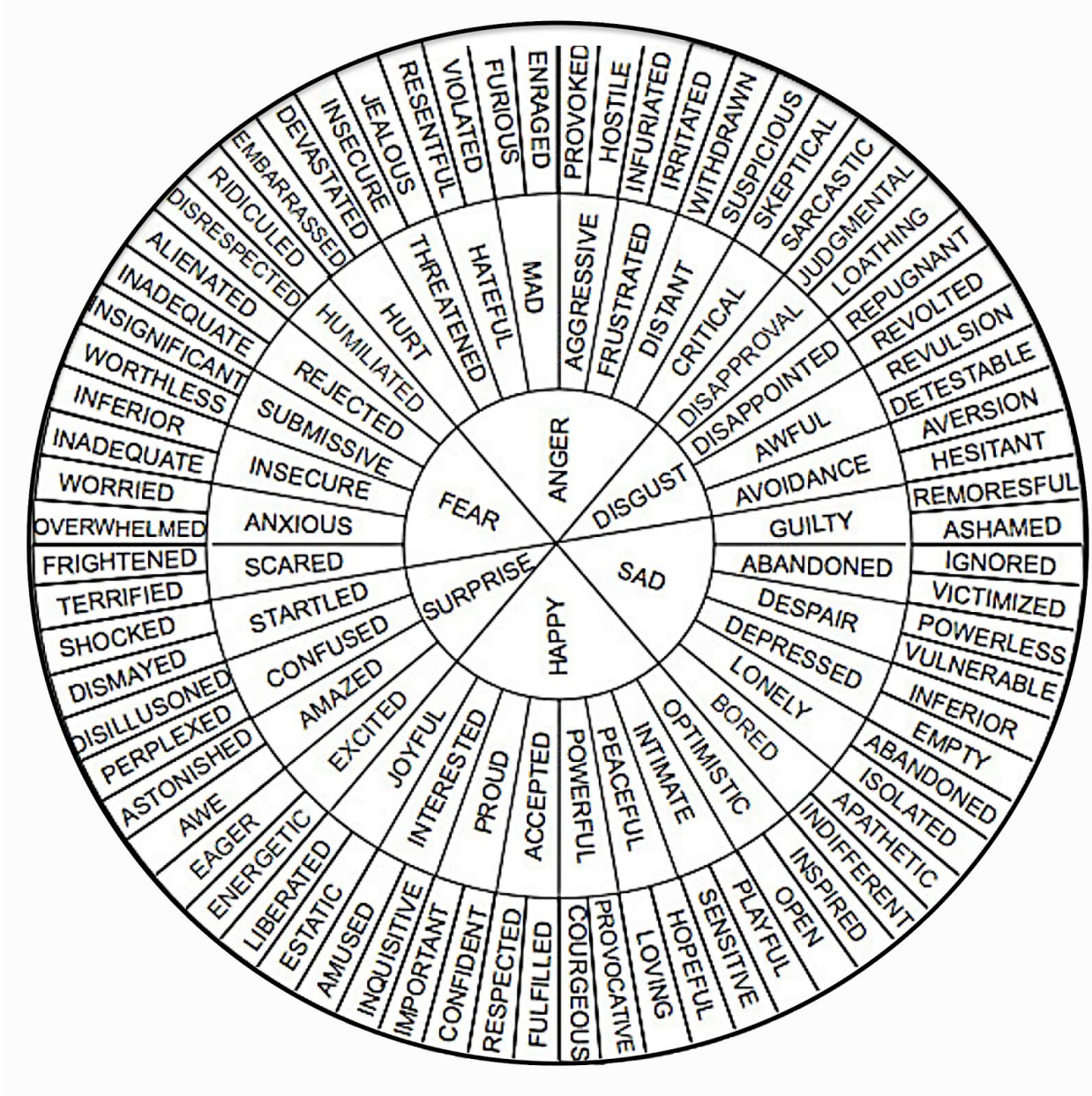


Feeling Wheel: Color In

Consider that none of these feelings are on a scale from “good” to “bad.” They just are. Go ahead and color in feelings that you are currently feeling in one color. Then, color in feelings that you miss or crave.



Ask yourself:

- Did you choose feelings closer to the middle or outside? Why do you think that is?
- Why are you missing the feelings that you marked?
- Is there a feeling that you didn't mark because you generally like to avoid it?

Feeling Wheel: Color Printout

