

# The Feelings Wheel Activity

The Feelings Wheel—to enhance emotional literacy by helping individuals identify and articulate their emotions more precisely.

## How to Use a Feelings Wheel

**Start at the Center** – Identify a broad emotion that best reflects how you're feeling (e.g., happy, sad, angry, fearful, surprised, or disgusted).

**Move Outward** – Narrow it down by exploring the more specific emotions in the next ring. Ask yourself, “What kind of happiness am I feeling?” or “What type of sadness is this?”

**Go Deeper** – Use the outermost layer to pinpoint the most precise emotion or emotions that resonate with you. (You may be experiencing more than one emotion at a time and that's ok.)

**Reflect & Explore** – Once you've identified your feelings, ask:

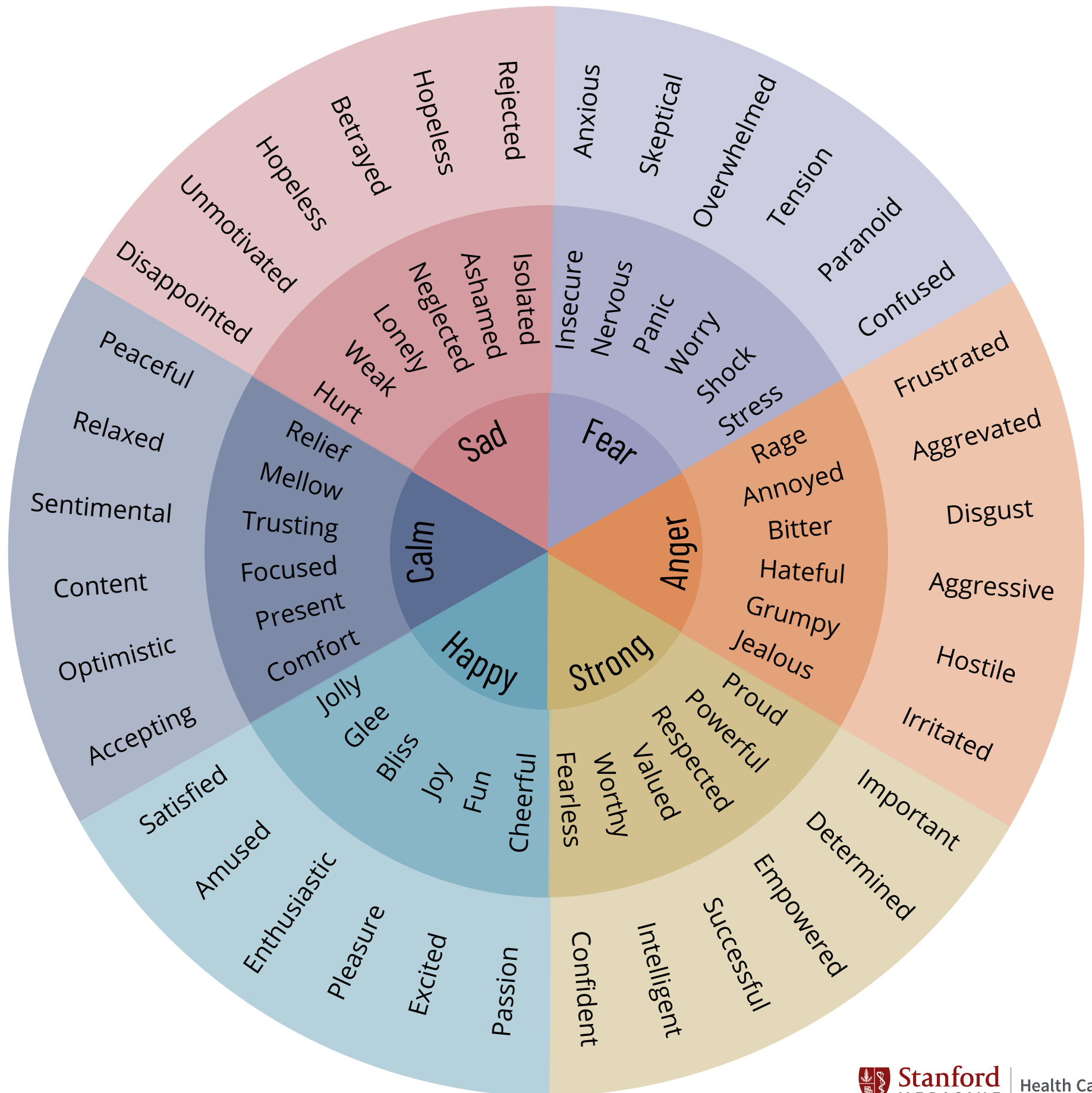
- What might be causing this emotion?
- How is it influencing my thoughts and actions?
- What do I need to process or express this feeling in a healthy way?

**Practice Regularly** – The more you use the feelings wheel, the better you'll become at recognizing and understanding your emotions.

## Benefits of Identifying Your Feelings Precisely:

1. **Better Emotional Regulation** – Respond thoughtfully instead of reacting impulsively.
2. **Greater Self-Awareness** – Recognize triggers and emotional patterns.
3. **Improved Decision-Making** – Make choices aligned with your values, not fleeting emotions.
4. **Stronger Relationships** – Express yourself clearly and reduce misunderstandings.
5. **Enhanced Mental Well-Being** – Process emotions effectively and build resilience.
6. **Increased Focus & Productivity** – Prevent emotional overwhelm and stay motivated.
7. **Deeper Empathy** – Understand yourself and others for more meaningful connections.

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## Reflection Activity

### **Pause. Breathe. Reflect.**

Step into a moment of stillness with poetry as your guide. Let the words speak to you—what encouragement do they offer? What wisdom stirs within?

As you read, consider: Why this poem? Why now? What meaning does it hold for you?

Join us in this gentle exploration of the Spiritual Care Space, where poetry becomes a mirror for the soul.

### ***Waking Up***

*By Thich Nhat Hanh*

*Waking up this morning, I smile.  
Twenty-four brand new hours are before me.  
I vow to live fully in each moment  
and to look at all beings with eyes of compassion.*



## **The Guest House**

*By Mewlana Jalaluddin Rumi*

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
As an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

**The Place Where We Are Right**  
By Yehuda Amichai

From the place where we are right  
flowers will never grow  
in the spring.

The place where we are right  
is hard and trampled  
like a yard.

But doubts and loves  
dig up the world  
like a mole, a plow.  
And a whisper will be heard in the place  
where the ruined  
house once stood.



## Wild Geese

*By Mary Oliver*

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,  
are heading home again.

Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting -  
over and over announcing your place  
in the family of things