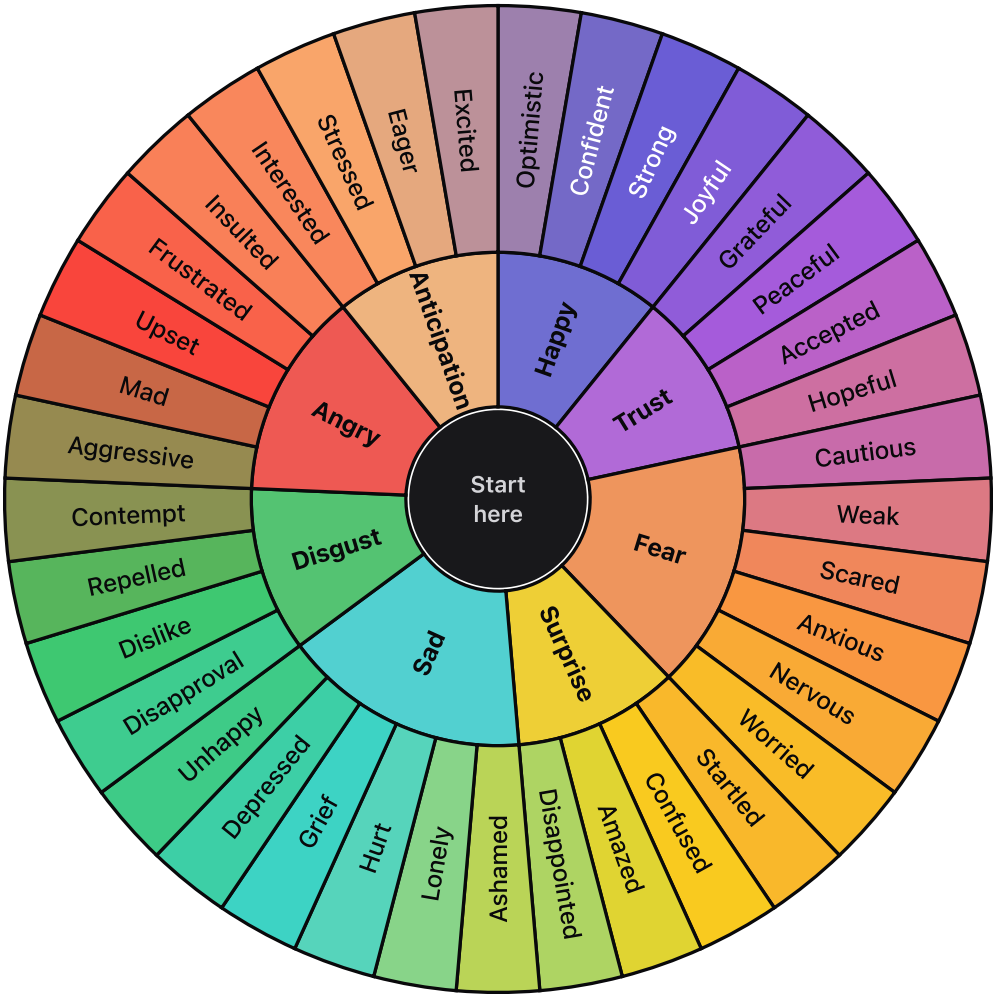
Feelings wheel

Start in the middle. Pick the family that fits, then move outward until one word feels right.



1. Check your body: a tight chest, a hot face or a heavy stomach.
2. Rule out the families that don't fit.
3. Pick the closest word in the outer ring. Two words are fine.

I feel _____ about _____. What would help is _____.

Meanings and partner phrases for every word: phorb.app/feelings-wheel. Share a feeling with your partner in the Phorb app for iPhone.