

The SOAR® Feelings Wheel



This Feelings Wheel is a tool to help identify *specific* emotions, both positive and negative.

We feel best when we are "content," or "centered," so the emotions closest to the center (yellow and orange sections) describe *positive* emotions.

The further we move away from being "centered," the worse we feel; therefore, negative emotions (blue and purple sections) are furthest from the center. The red band on the outer perimeter, labeled "stressed," represents that "stress" is our response to *several* negative emotions.

HOW TO USE

- 1. Start in the center.**
- 2. What is your "surface" emotion?** Are you feeling content? Or are you feeling: fear, surprised, disgust, anger, or sad?
- 3. Go deeper.** From the "surface" emotion, move out to the next layer; choose the word that best describes how you feel.
- 4. Get specific.** Continue to the outer-most ring; pick the word that most accurately describes how you feel. Often, identifying this emotion provides a bit of initial relief.

