

# The Emotion Wheel: “I feel...”

Feeling emotions, no matter how human, can be uncomfortable so our brain often jumps to shame and resistance instead of feeling through them. A helpful tool is the emotion wheel which covers some of the basic emotions we feel from day to day with the aim of being able to figure out how we are feeling at the moment. In the middle of the wheel are six primary emotions. On the outside are secondary emotions, which can allow you to further explore how you may be experiencing a certain emotion, giving more understanding to your experience.



## Reference

Main, P. (2024, April 4). Emotion Wheel. Structural Learning. <https://www.structural-learning.com/post/emotion-wheel>



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