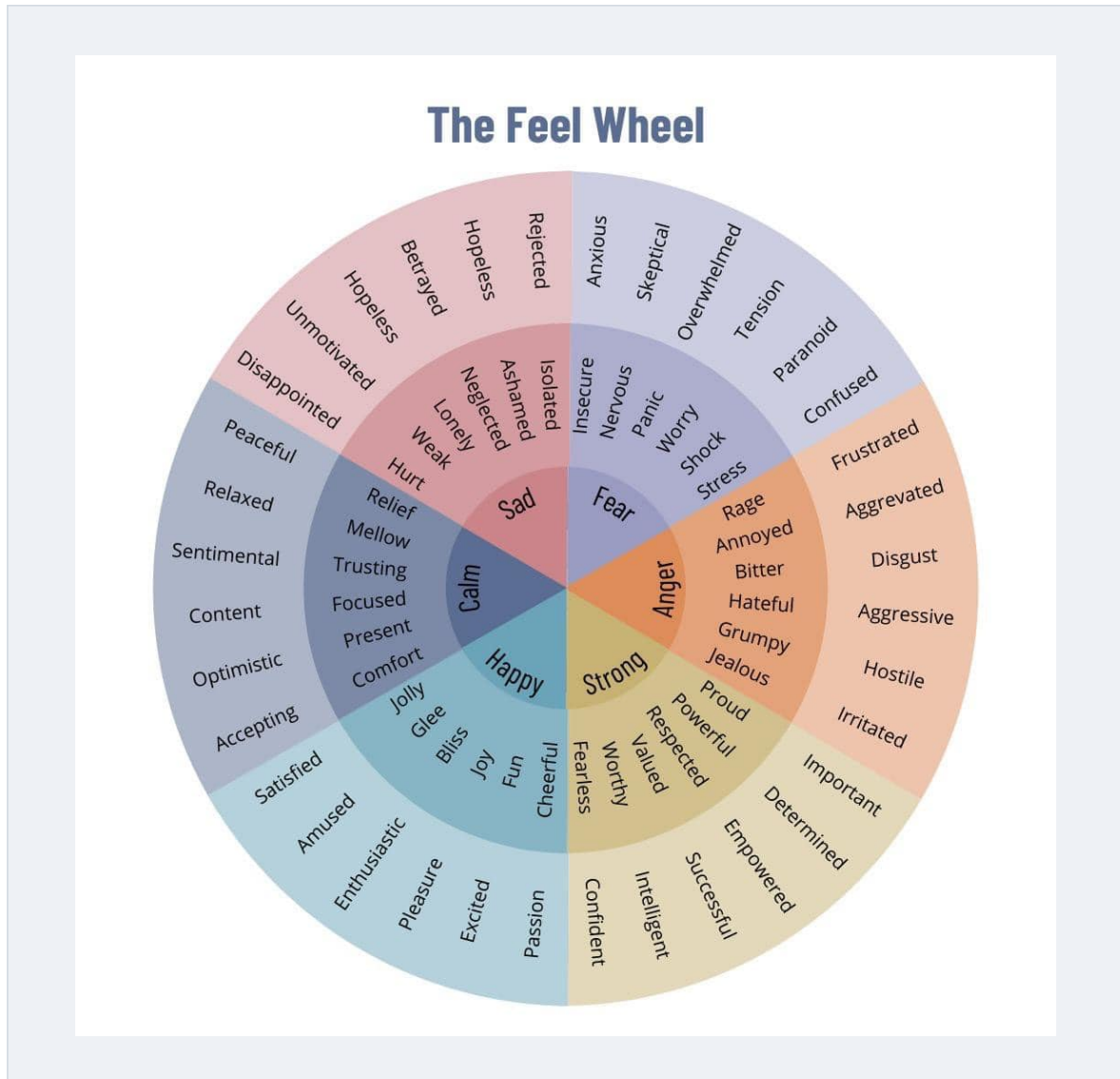


# Name what is happening.

The Feel Wheel is a prompt for emotional precision. Start at the centre, then move outward until the word feels specific enough to be useful.



## A three-minute check-in

1. Pause. Notice your breath, posture and physical sensations.
2. Choose the closest core emotion.
3. Move outward to find a more precise word.
4. Ask what information this emotion may be carrying.
5. Choose one constructive response.

# Turn awareness into choice.

Use these prompts privately, with a coach or as the beginning of a thoughtful conversation.

The emotion I can name most  
precisely is:

---

I notice it in my body as:

---

The thought or situation connected to  
it is:

---

This emotion may be telling me:

---

One response that would respect this  
information is:

---

## A useful distinction

Emotions are information, not instructions. Naming an emotion does not require you to act on the first impulse it creates. Precision can make room for a more deliberate response.

## Use responsibly

This resource supports reflection and education. It is not a diagnostic or mental-health treatment tool. If emotions feel overwhelming or persistent, seek support from an appropriately qualified professional.