The Feelings Wheel

developed by Dr. Gloria Willcox
How to Use the Feelings Wheel

Being able to identify one's emotions and label them is a great step toward understanding oneself.

Start in the center and work outward: this tool can be a great opening for empathy for oneself and others...

The DC Peace Team has hosted trainings in the past on empathy and using the Feelings Wheel...

keep up with dcpeaceteam.org and @dcpeaceteam on social media for upcoming trainings and peacemaking resources!