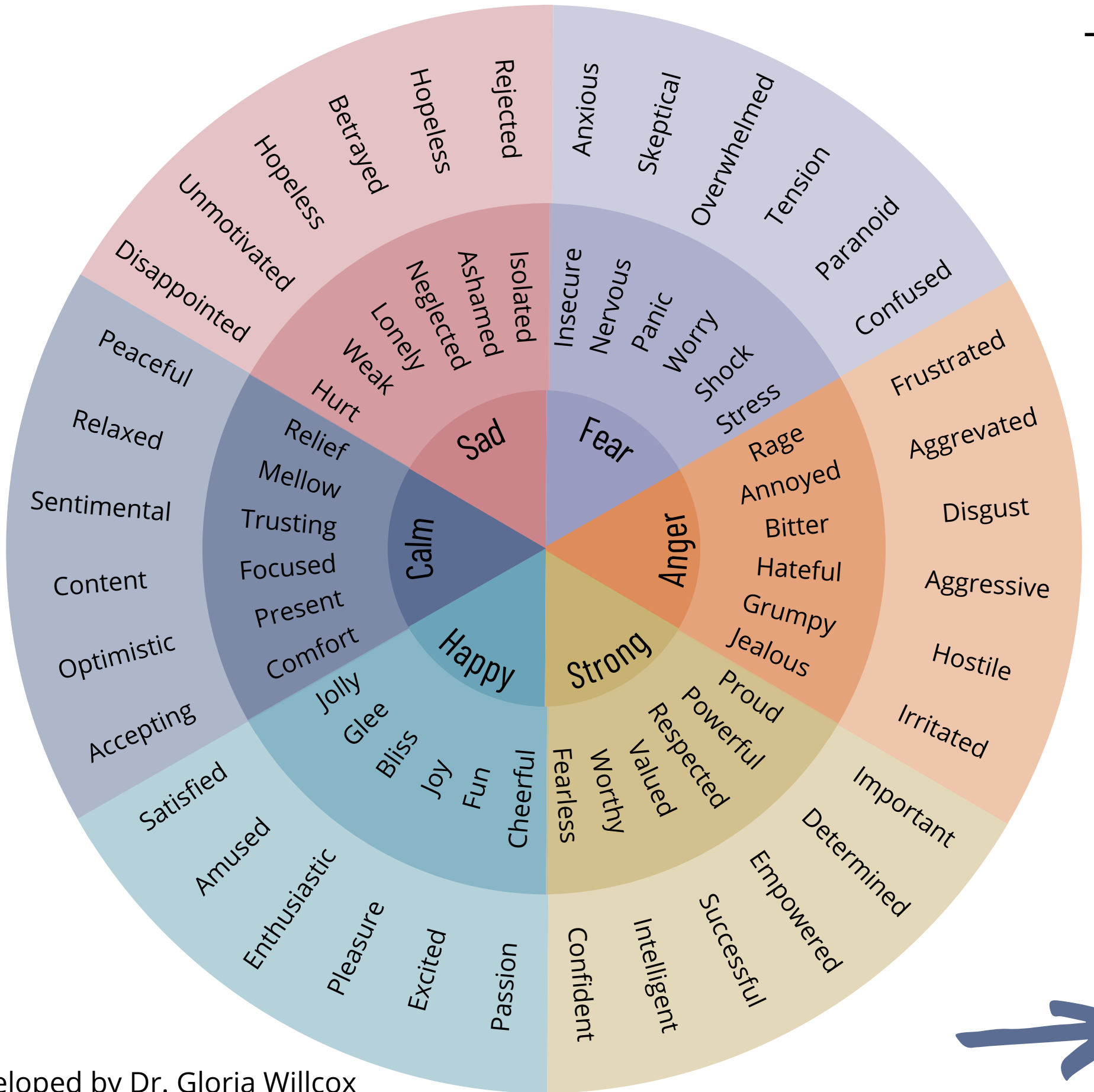


# The Feelings Wheel

@dcpaceteam



developed by Dr. Gloria Willcox



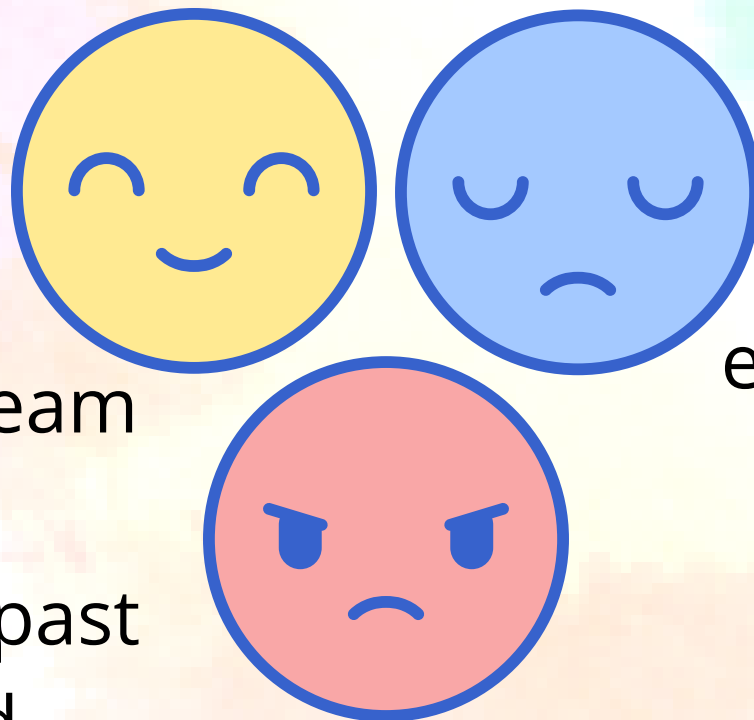
# How to Use the Feelings Wheel

@dcpeaceteam

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](http://dcpeaceteam.org) and @dcpeaceteam on social media for upcoming trainings and peacemaking resources!*