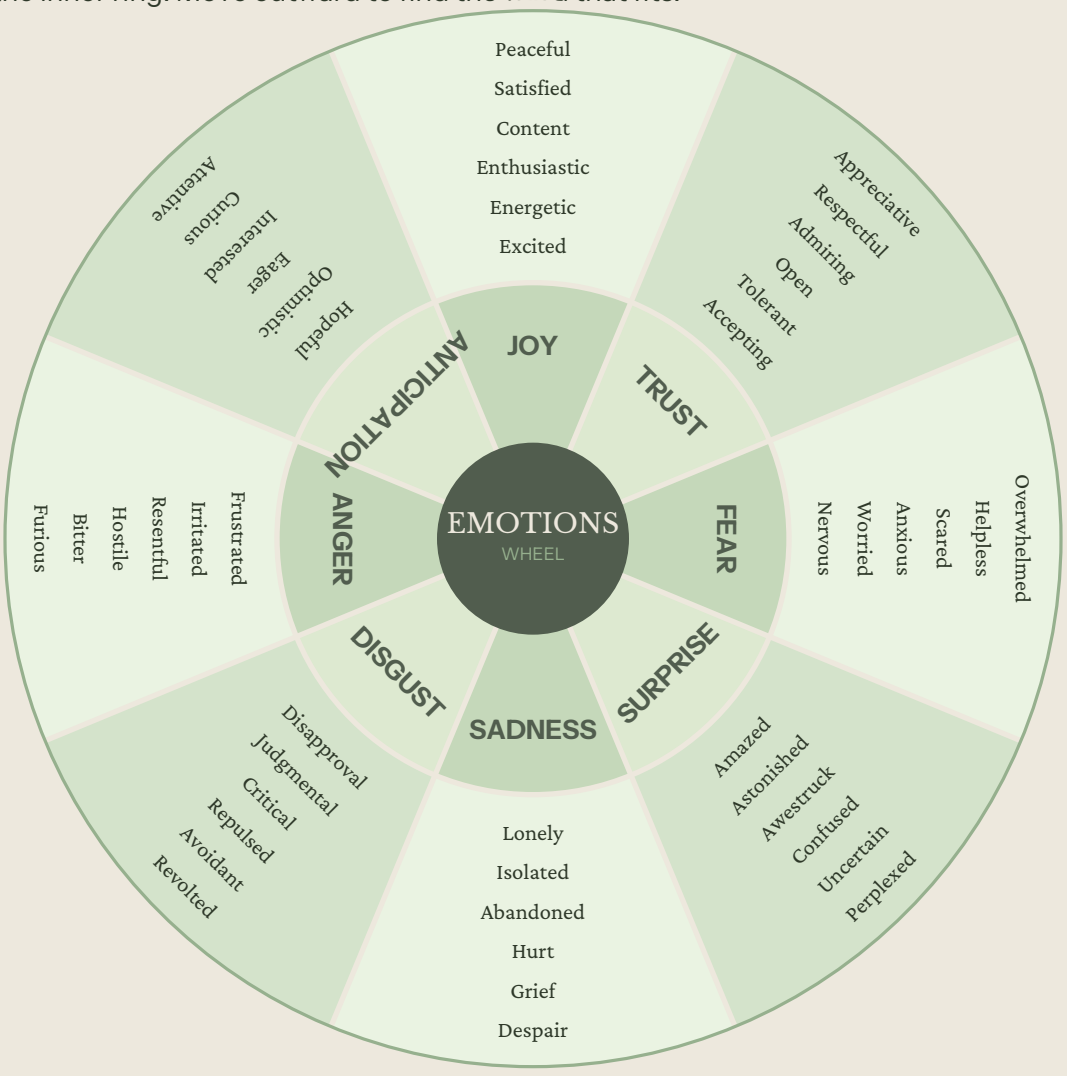
Sanctuary Ridge Therapy

EMOTIONS REFERENCE

Emotions Wheel

A tool for identifying and naming what you are feeling in the moment.

Start with the inner ring. Move outward to find the word that fits.



A NOTE FROM THE PRACTICE

Naming what you feel is the first step. If a word does not appear here, the wheel is a starting point — your language is yours.

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