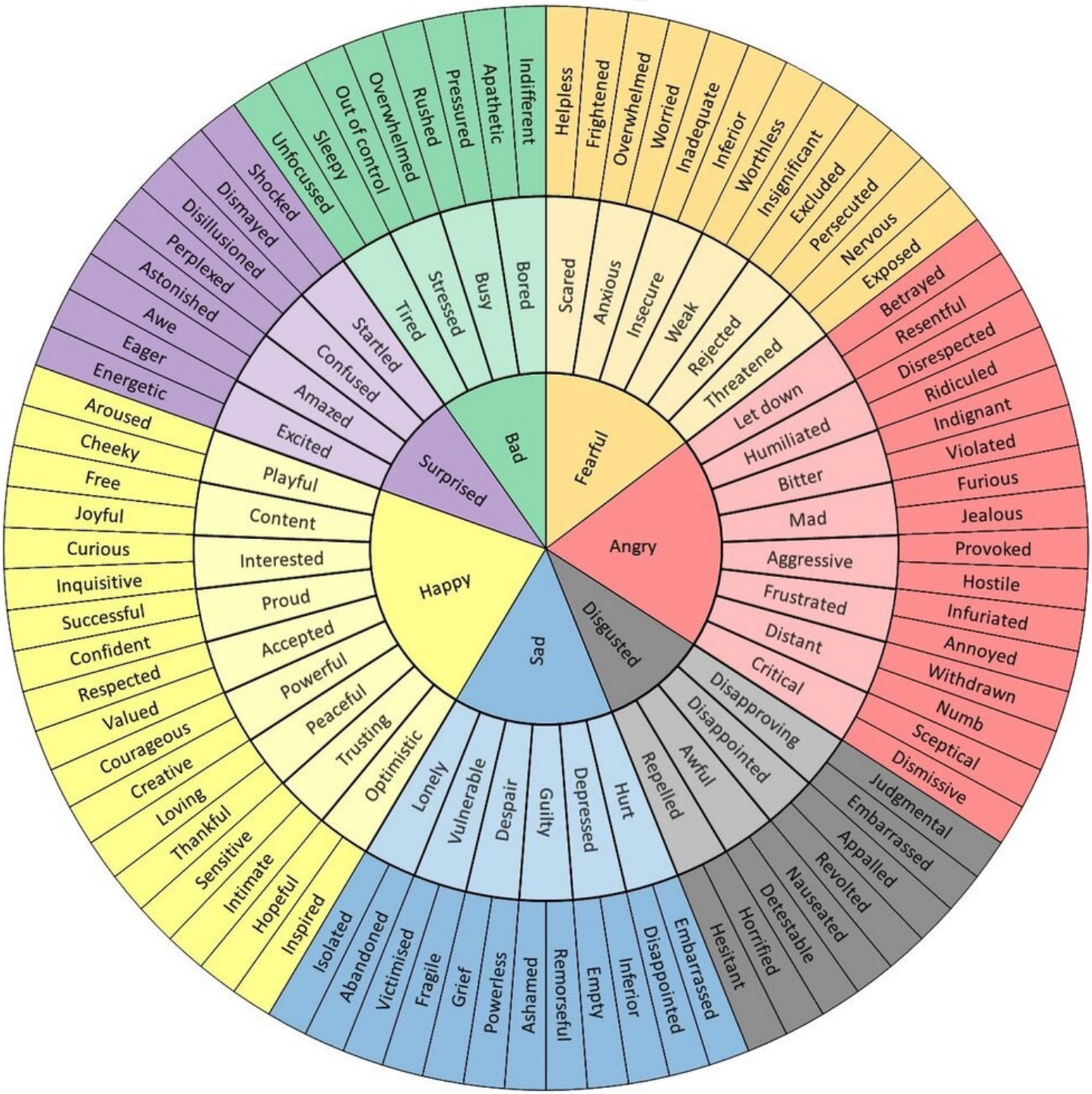
# The Feeling Wheel




Often we don't have the words to describe even the most basic of feelings to others. This is a good guide to expand our words and express ourselves more in depth. Allowing both us and others a complete understanding of our feelings.

Credit: Geoffrey Roberts