

# The Feeling Wheel



## FEELING WHEEL FREE WORKSHOP

### WELCOME

Deepen your emotional  
understanding and  
literacy with art & writing

facilitated by artist &  
art therapist Denise Scicluna

anxious  
(scared)

creative  
(joyful)

**WHAT COLOUR MATCHES YOUR  
MOOD/ENERGY TODAY?**

**TYPE THE COLOUR IN THE CHAT!**

# WHO AM I

Art psychotherapist, artist, mindfulness practitioner, and rock art author

*10+ years working as an art therapist*

*20+ years painting practice*

*Currently a transpersonal psychology trainee.*

## My values:

- 1) **everyone is creative**
- 2) **creativity/art: healing & transformational benefits**

## Work:

**1:1 therapy**  
**workshops**

**online creative programs**

(The Transitional Space – *link in the chat*)

# THE WORKSHOP:

Warming up

PART 1: Expanding emotional literacy

PART 2: Deepening our connection to our feelings

**Not an art therapy session but can be used in a therapeutic context**  
**Combination of art therapy, mindfulness, art making and writing**

1.5 hours and involves two parts

Questions in the chat – let's support each other

Link to recorded session

# ART MATERIALS

- any colouring material of your choice: pens/markers/pastels/pencils or watercolours
- 2 white A4 papers or a sketch pad of your choice
- scissors
- pen/pencil for writing
- your journal

COPY OF THE FEELING WHEEL  
(image and link in the chat)

# THE FEELING WHEEL

**Helps develop emotional literacy and identify and verbalize complex emotions.**

Developed by psychologist Dr Gloria Willcox in 1982

**We need emotional literacy to be able to understand our feelings and expand awareness of emotions**

We are not taught how to deal with feelings and most of us didn't have good modelling of how to navigate them, express them and understand them.

(Type in the chat if this is the case for you)

# The Feeling Wheel

## A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy

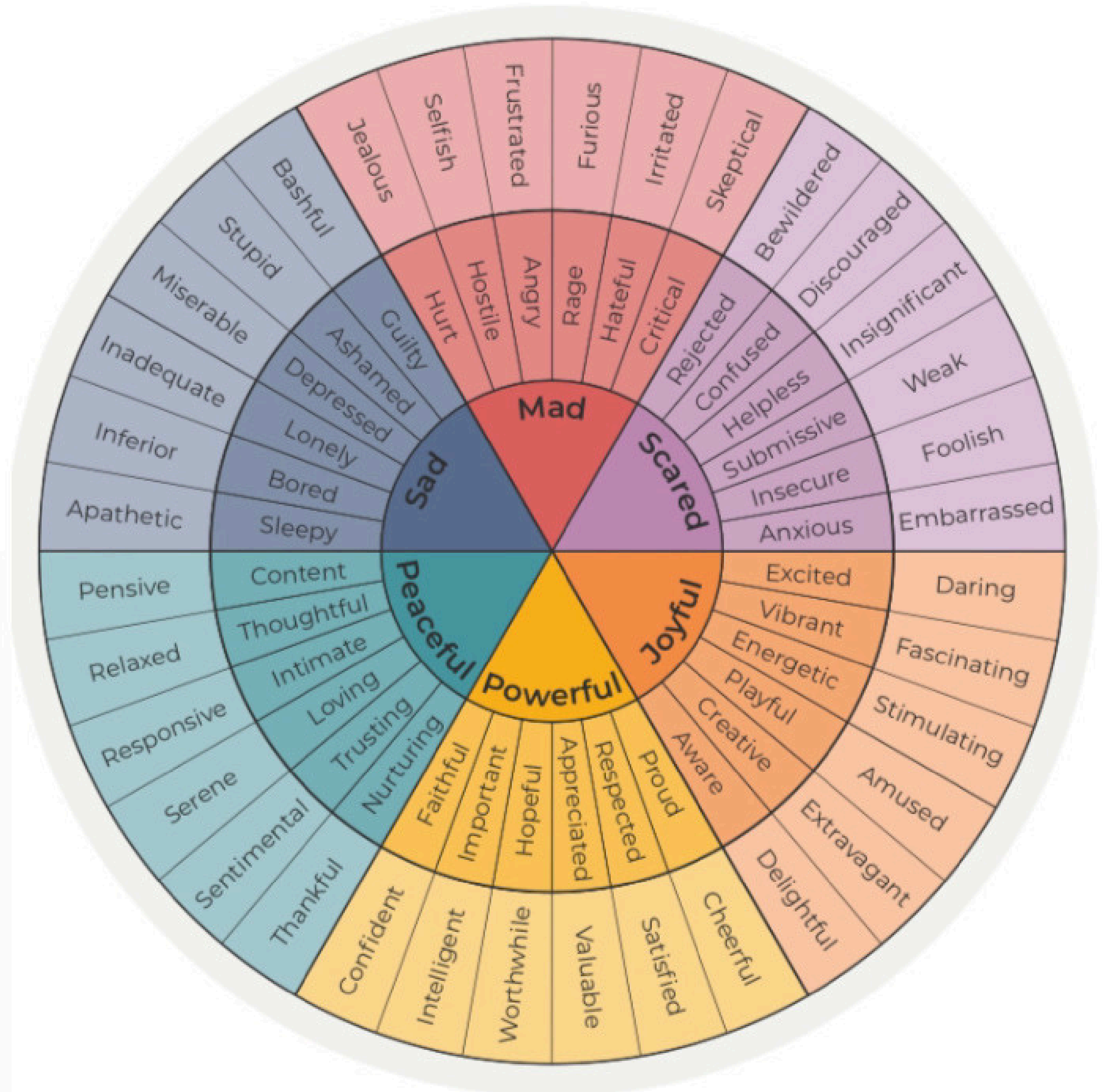
*Gloria Willcox*

### **Abstract**

**The Feeling Wheel is designed to aid people in learning to recognize and communicate about their feelings. It consists of an inner circle with 5 sectors and two outer concentric circles. The sectors are each labeled with the name of a primary feeling, viz., mad, sad, scared, joyful, powerful, and peaceful. The outer rings contain names of secondary feelings related to the primary ones. The wheel has proven useful in assisting clients to learn how to identify, to express, to generate, and to change feelings. Suggestions for employment of the Feeling Wheel are provided.**

are mixtures of the primaries, or secondary (Plutchick, 1980)."

When I developed the visual aid of the *Feeling Wheel* I used the six primary colors to represent six feelings in the center circle. I based these feelings on four commonly recognized basic feelings: mad, sad, glad, and scared. In order to keep the circle of feelings balanced between what I think of as primarily pleasant emotions and those which are usually unpleasant, I expanded the feeling "glad" to include "joyful," "powerful" and "peaceful." In the *Feeling Wheel* the color red represents peaceful; green represents "mad, orange represents scared; purple represents sad; blue represents peaceful; green represents powerful; and yellow represents joyful. Radiating out from these



# INVITATION TODAY

**Today we are doing things differently:**

**Let's see feelings as messengers that are trying to tell us something about the situation or ourselves (and our needs).**

**Let's see them as allies.**

**Let's be curious about how they can help us - so let's get to know them.**

# HOW TO USE THE WHEEL

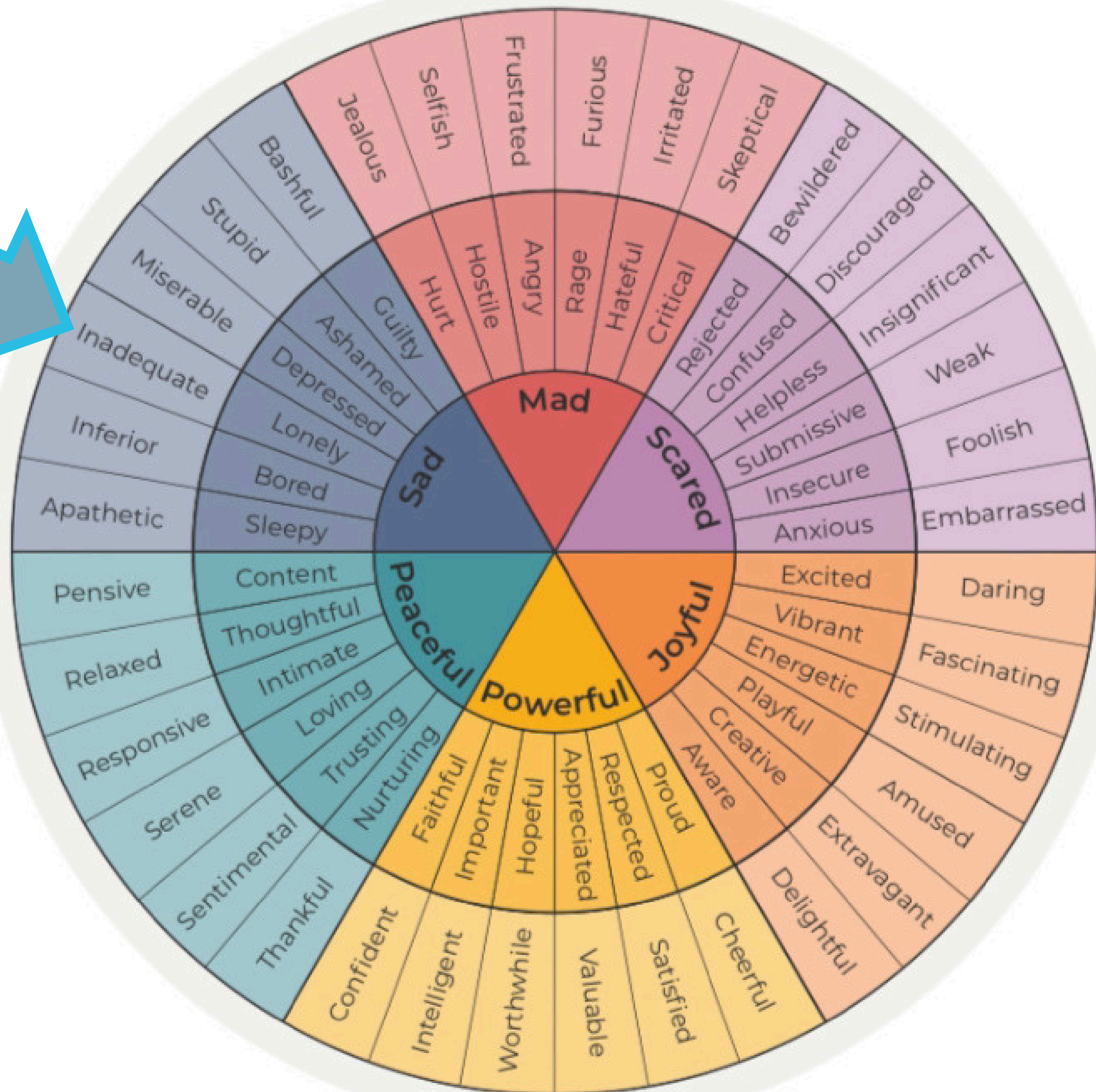
composed of an inner circle with six segments corresponding to six primary feelings:  
**mad, sad, scared, joyful, powerful, and peaceful**

## TWO WAYS:

**Inward – out:** Start with the centre and spread your exploration outwards for more clarity.

**Outward (tertiary outer layer) – in:** when feeling a very specific feeling (outer frame) it might be helpful to start from that and go inwards to capture the basic feeling.

This is ideal for when you cannot distinguish between fear, anger, sadness for example.



# OUR APPROACH TO FEELINGS

**Let's be curious and let's get to know them.  
No bad and good emotions, all are welcome.  
No feeling is negative or positive, it just is - let's make space for it.**

**After capturing your feelings, give them presence.**

Sit and observe your feelings.

**Realise that you are safe, and it is safe to feel your feelings and the sensations they bring.**

**Feel your body**

Give them attention, and offer them comfort.

**Treat them like a friend, get curious about them**

# LET'S GET STARTED

## WARM UP

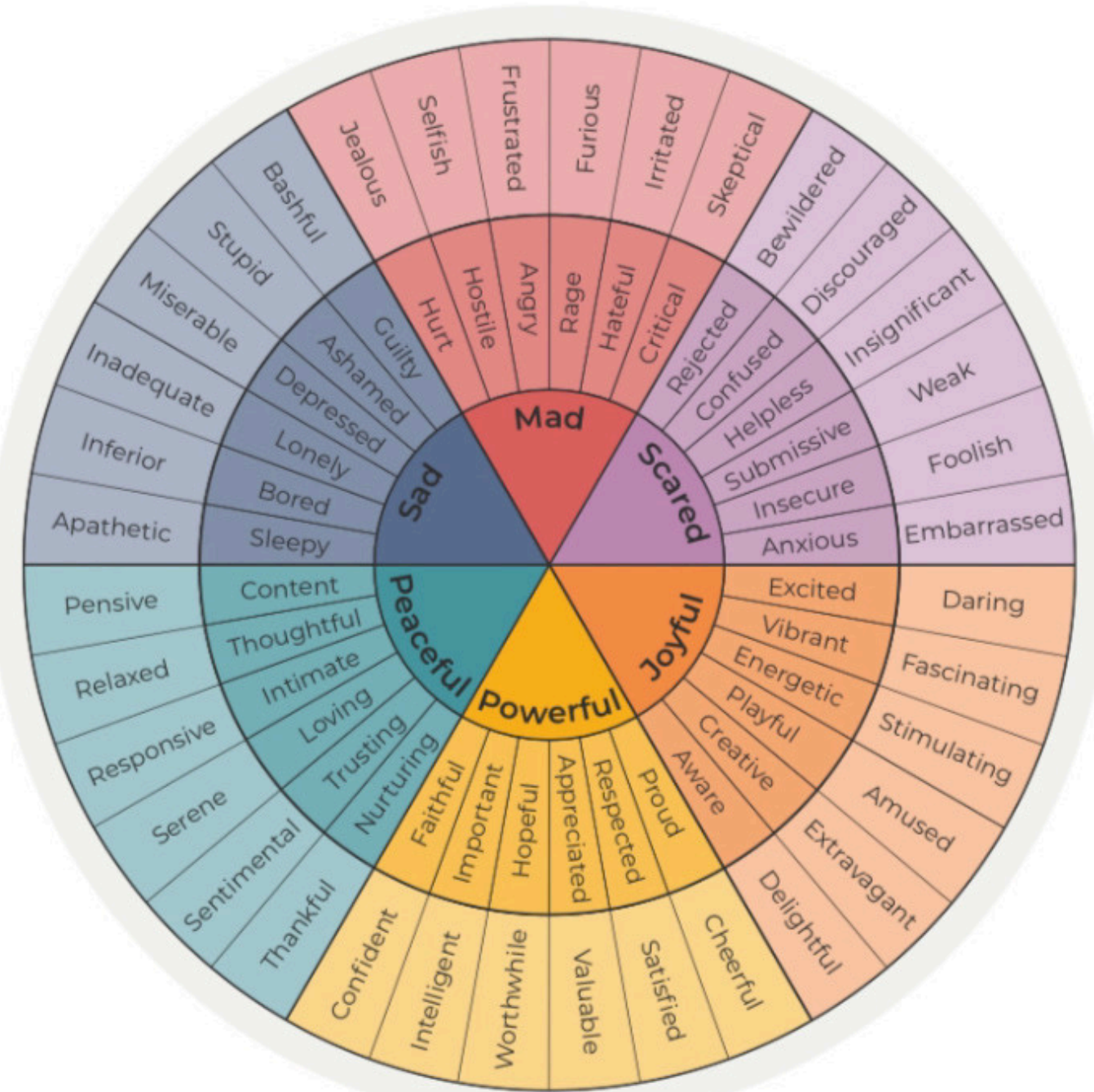
SELECT 2-4 FEELINGS

PICK MATCHING COLOURS

CREATE AN ART PIECE

FAMILIARISE WITH THE FEELINGS

## The Feeling Wheel



## PART 1

CUT A4 PAPER TO MAKE  
CARDS

SYMBOL/DRAWING ON  
EACH CARD FOR EACH  
FEELING



## PART 2: WRITING

ON THE BACK OF EACH CARD

**WRITE A MESSAGE TO YOUR FEELING**  
**STARTING WITH: *DEAR (FEELING)..***

Remember to be curious and kind.

Maybe you want to thank it.

Maybe it's telling you what you need.

(Imagine you are inviting the feeling in your home for a cup of coffee)

# JOURNALLING (OPTIONAL)

1. HOW DID IT FEEL TO TALK TO YOUR FEELINGS IN THIS WAY?
2. IS THERE A PARTICULAR FEELING THAT STOOD OUT FOR YOU OR WOULD LIKE TO EXPLORE FURTHER?
3. HOW DO YOU FEEL ABOUT NOT LABELING YOUR FEELINGS AS NEGATIVE OR POSITIVE/GOOD OR BAD?
4. WHAT ARE YOUR KEY TAKE AWAYS FROM WORKING WITH FEELINGS IN THIS WAY?

## *TAKE AWAYS*

**ALL FEELINGS ARE WELCOME**

**TREAT YOUR FEELING WITH COMPASSION  
CURIOSITY AND KINDNESS**

**USE ART FOR DEEPER EMOTIONAL CONNECTION**

**USE FEELING WHEEL AS A TOOL**

# BOOK RECOMMENDATIONS

**ATLAS OF THE HEART - BRENE BROWN**

**THE BODY OF HUMAN EMOTIONS - TIFFANY W SMITH**

**WHEN THE BODY SAYS NO - GABOR MATE**

**THANK YOU FOR JOINING!**

**LINK TO RECORDING**

**SURVEY FOR FEEDBACK**

**THE TRANSITIONAL SPACE PROGRAM**  
*(STARTING IN MARCH)*

**CONNECT**

