



Reboot *Your* Brain
— COUNSELING & COACHING —

HEAL
GROW
THRIVE

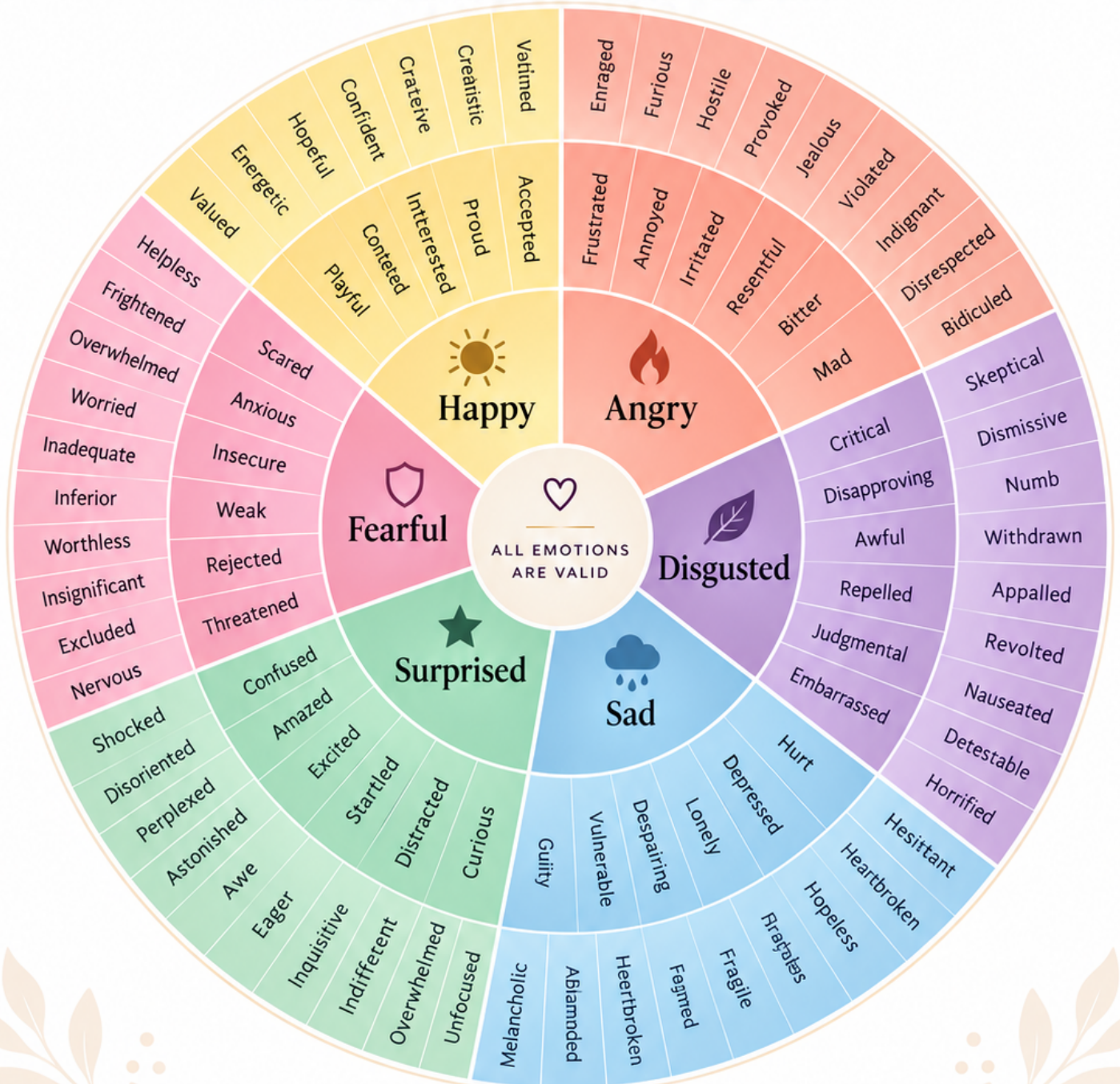


*A Calmer Mind
A Brighter You*



Emotion Wheel

A GUIDE TO NAMING YOUR FEELINGS



Use this wheel to help identify and communicate your emotions.





Emotion Words: Clear Reference

Readable companion to the illustrated poster on page 1

Choose any prompt that fits; the illustration is for visual reference, and this page provides a clear, accessible text version.

Happy / pleased

Content, grateful, proud, interested, hopeful, playful, connected.

Sad / low

Lonely, hurt, discouraged, disappointed, grieving, vulnerable.

Fearful / uneasy

Worried, nervous, uncertain, overwhelmed, insecure, frightened.

Angry / frustrated

Irritated, resentful, indignant, let down, frustrated.

Surprised / startled

Amazed, confused, excited, curious, startled.

Disgusted / averse

Uncomfortable, repelled, disapproving, embarrassed, skeptical.

For children, adults should supervise activities and adapt movement to comfort and ability. These handouts are educational tools, not individualized treatment or emergency support.