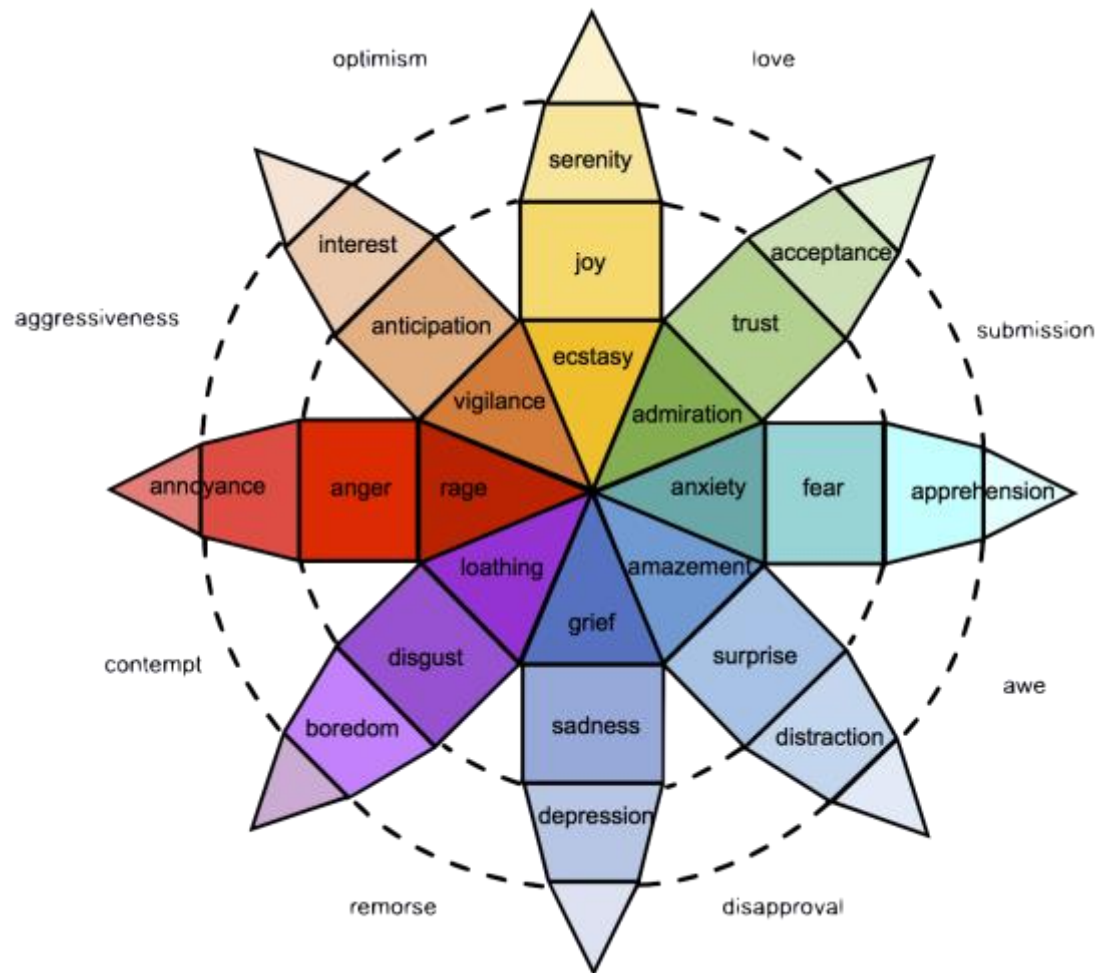# Wheel of Emotions

This model can be helpful in identifying different emotional responses and finding the language to express how you feel. Try to link the feeling to your thoughts and actions:

Feelings	Thoughts	Actions