



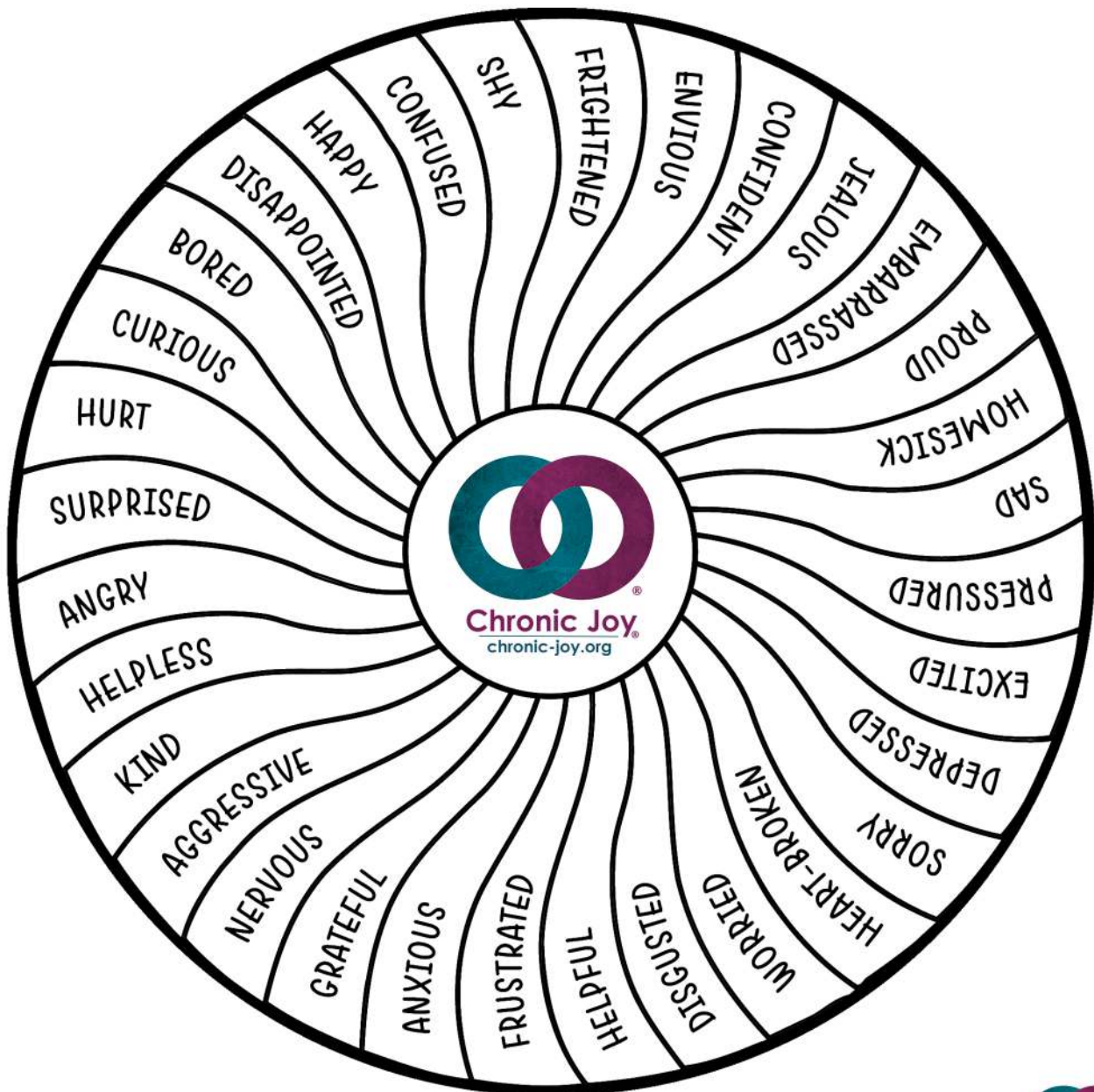
CHRONIC JOY®

Ministering to those affected by:
Chronic Illness, Mental Illness,
Chronic Pain & Disability

THE EMOTIONS WHEEL

HOW TO USE THE EMOTIONS WHEEL

1. Look at all the emotions on the wheel, noting any that jump out at you.
2. As you name what you are feeling, take time to notice what that means to you.
3. Shade in areas as you experience them. Simply notice.
4. Spend a few minutes thinking about and journaling your questions and insights.



Visit chronic-joy.org for more resources.



Chronic Joy