

The Clover Feeling Wheel

Move from “I feel bad” to the word that actually fits.

Start in the centre with the family closest to how you feel, then **move outward** to a more specific word. You can land on more than one.



Need help right now? If you or someone else is in immediate danger, call 911 or go to your nearest emergency department. Call or text 9-8-8 (Suicide Crisis Helpline, 24/7). Under 18? Call Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868.

This is an educational self-help tool. It is not a diagnosis, and not a substitute for care from a regulated health professional.

How to use your wheel

- 1 **Pause and check in with your body.** Where do you feel something: chest, jaw, stomach, shoulders? Let that guide you to a family in the centre.
- 2 **Move outward.** Pick the middle word that fits better, then the outer word that fits best. If none of them is quite right, make up your own.
- 3 **Say it in a sentence.** "I feel ____ because ____." Naming a feeling precisely tends to lower its intensity and makes it easier to decide what you need.
- 4 **Notice what it's asking for.** Rest, comfort, a boundary, a conversation, or simply to be acknowledged.

Good to know

Feelings are information, not verdicts. Several feelings can be present at once, such as relieved and sad, or angry and afraid. Feelings often sit underneath each other: anger can cover hurt, and numbness can follow feeling overwhelmed for too long.

Your check-in

Today I feel (centre → middle → outer):

In my body I notice:

What I need right now:

One small thing I can do about it:

If you notice a pattern

If the same hard feelings keep returning, or they get in the way of work, sleep or relationships, therapy can help. Clover Counselling offers virtual individual and couples therapy across Ontario. You can book a free 15-minute consult at clovercounselling.ca.

Where this comes from: Naming feelings (affect labelling): Lieberman et al. (2007), *Psychological Science*, 18(5), 421–428. Emotional granularity and emotion regulation: Barrett et al. (2001), *Cognition and Emotion*, 15(6), 713–724. Wheel design and word list are original to Clover Counselling. Clover Counselling is operated by a Registered Psychotherapist (Qualifying) practising under supervision.