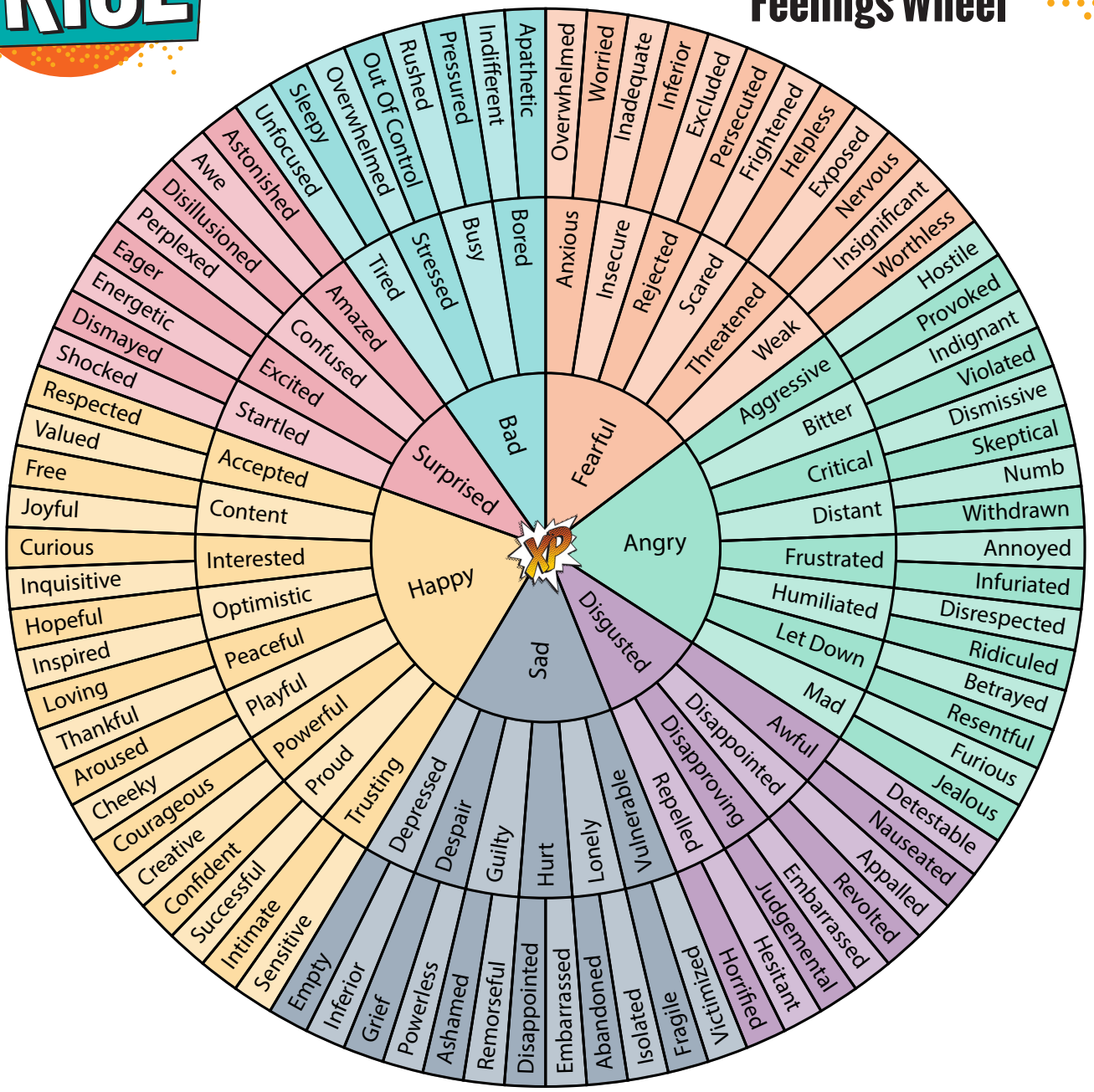
Feelings Wheel



Feelings can be overwhelming, confusing, and complicated at times. Our predictive brain can respond to feeling floods with big reactions or by shutting down and ignoring feelings to cope. **Leaving emotions unaddressed intensifies them** and as a result they tend to come out in our actions.

Exploring and **identifying feelings soothes the threat response** activated by our predictive brain when we are in threat response. The next time you or someone you are supporting is feeling flooded, once they are at a place of being able to engage in conversation, consider using the Feelings Wheel with them to **"Name it to Tame It."**

It may be helpful to start by soothing yourself or the person you are supporting with *Repetitive Rhythmic Movement* or something to drink through a straw *(an Integrative activity)* as part of this process. **Sometimes the brain is so overwhelmed, it needs** the **soothing** of *regulating activity* before it is able to access higher level function like focus, thinking, accessing feelings, or engaging in conversation.

("Predictive Brain", Lisa Feldman Barrett Ph.D.) / ("Name It to Tame It", Dr. Daniel J. Siegel) / ("Repetitive Rhythmic Movement", Bruce D. Perry M.D. Ph.D.)

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