



How to Plot How You Feel Right Now

THE
FEELING WHEEL

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Plotting how you feel

THE FEELING WHEEL (AFFECTIVE CIRCUMPLEX)

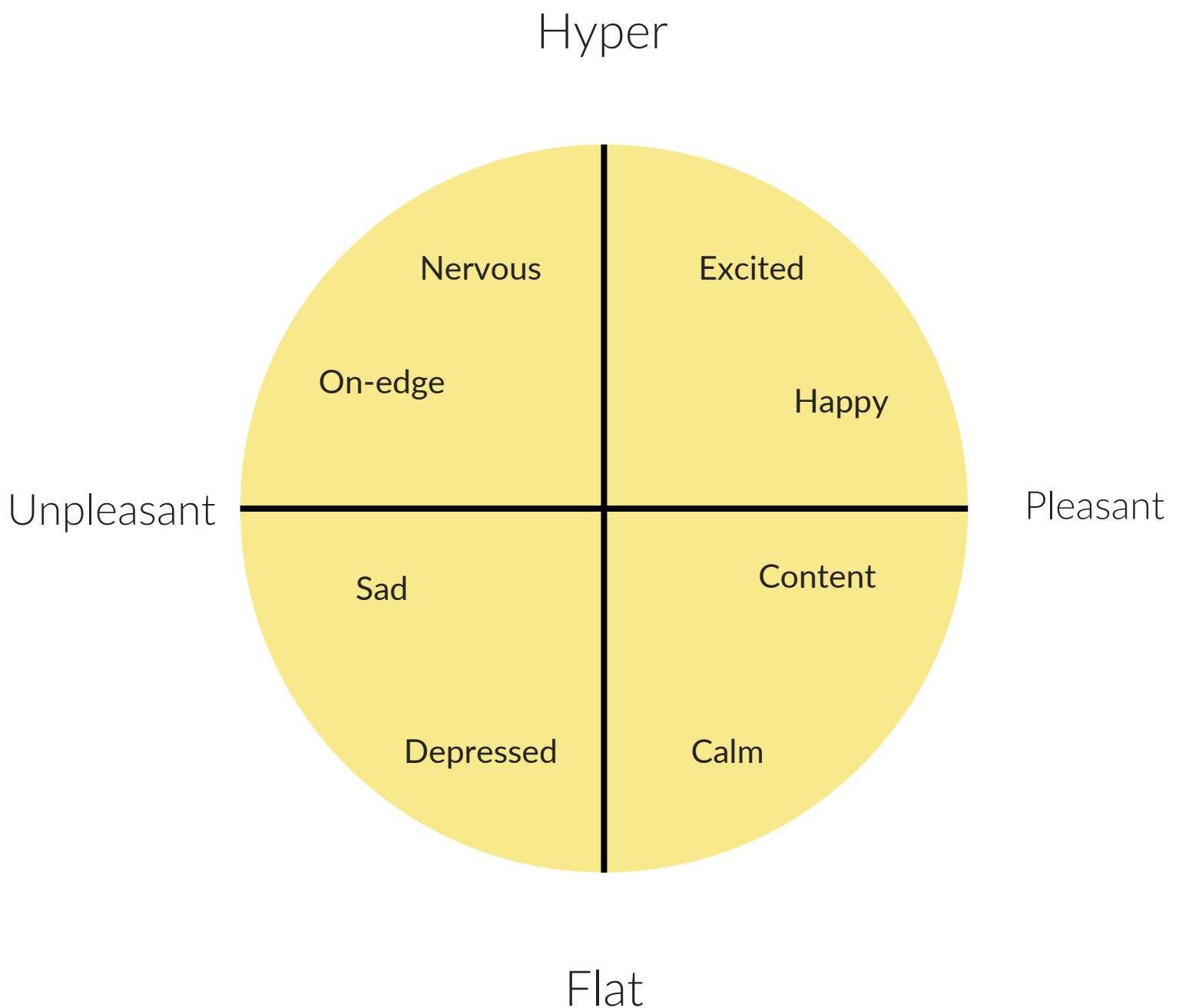


Image by Donna Bottomley.

Adapted from: Posner J, Russell JA, Peterson BS. (2005). The circumplex model of affect: an integrative approach to affective neuroscience, cognitive development, and psychopathology. *Journal of Developmental Psychopathology*. 17(3):715-34.

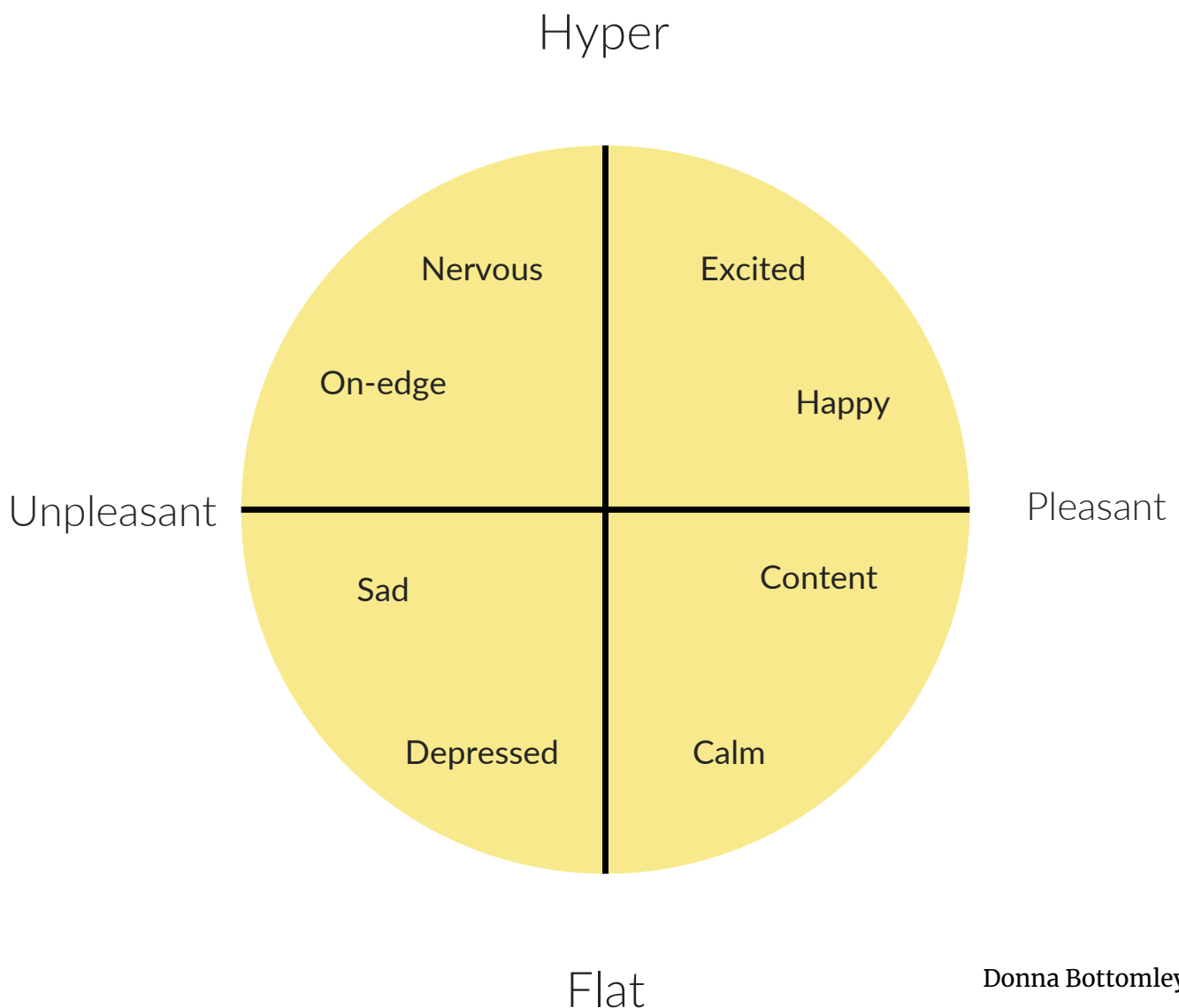
The Wheel has two main parts:

Top - Bottom is how activated you feel right now

Left - Right is the quality of the feeling that you have right now

If you are feeling really activated, this could be because you are excited and getting ready for something that you feel good about, or it could be activation because you are dreading something and are worried about it.

Notice how activated you feel right now first, then whether you are feeling good or not so good and plot this. Then try to find a word that best describes this feeling for you. Add your own words to the circle



Quadrants, or a dial?

I sometimes see this wheel written as a dial of activation

To see it in this way is to go from flat, calmness, to shutdown and dissociation - which is past high activation and then into deactivation/shutdown response

