

UnderTree Free Feelings Wheel

Detailed printable feelings wheel

Start with a broad feeling, then scan outward for a more precise word.



How to use it

1. Pick the core feeling that seems closest.
2. Look outward for a specific word that feels more exact.
3. Bring that word into a private journal entry.

undertree.me - For self-reflection, not for diagnosis or medical care.

Feeling word bank and journal prompt

Use this page when you want more space than the wheel gives you.

Feeling word bank

Joy family

Content, Hopeful, Proud
Grateful, Playful, Inspired

Calm family

Safe, Steady, Relieved
Present, Soft, Rested

Sadness family

Lonely, Disappointed, Grieving
Heavy, Tender, Homesick

Fear family

Anxious, Overwhelmed, Unsure
Exposed, Worried, Alert

Anger family

Frustrated, Resentful, Irritated
Protective, Unfair, Tense

Disgust family

Uncomfortable, Repelled, Distrustful
Judged, Numb, Done

Journal prompt

The feeling closest to this moment is:

What may have sparked it:

Where I notice it in my body:

What this feeling may need:

One small care action I can try:

UnderTree can turn one feeling word into a private AI journal entry when you are ready.