

Emotions Wheel



By Kidest OM



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The information and exercises in this downloadable tool are intended for personal growth, educational, and inspirational purposes only. They are **not a substitute for professional medical, psychological, or therapeutic care.**

If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to **complement—not replace—professional advice**, and should be used at your own discretion and responsibility.

Instructions



The emotions wheel is a tool for building emotional awareness. Instead of noticing only a vague, general state—feeling “good,” “bad,” “off,” or “stressed,” using the wheel helps you move from broad impression to the specific emotion underneath it.

Naming emotions calms the nervous system. Putting a feeling into words is itself an act of self-regulation. Researchers call this “affect labeling,” and brain-imaging studies find that naming an emotion quiets activity in the amygdala—while engaging the prefrontal cortex, which supports reflection and self-control. Naming emotions is the basis of the saying “name it to tame it.”

Precision builds skill. The more precisely you label what you feel, the more effectively you can respond. Psychologists call this “emotional granularity,” and a finer-grained emotional vocabulary is linked to stronger emotion regulation, greater resilience, and healthier coping.

The wheel’s rings are designed to grow this skill: you begin at the center with a broad core emotion and move outward to more precise labels until you find the one that fits.

How to use the emotion/feeling wheel:

1. Pause and turn your attention inward. Notice what you feel in your body.
2. Start at the center and find the core emotion that fits best.
3. Move outward through that section, trying on the more specific words until one resonates.
4. Name it—silently, aloud, or on paper—and let that awareness guide how you choose to respond to, process, or release it.

Life-Affirming & Life-Protective Emotions



Traditional psychology sorts emotions into “negative” and “positive.” In my personal development teachings, I reframe these labels: what’s called “negative” is better understood as **life-protective**, and what’s called “positive” as **life-affirming**. Every emotion, across the full range, serves a purpose.

Life-Protective

reframing “negative”

Alert us to threats, signal unmet needs, and call for boundaries and self-protection.

e.g., sad · scared · mad

Life-Affirming

reframing “positive”

Open us to connection, motivation, well-being, and flourishing.

e.g., peaceful · joyful · powerful

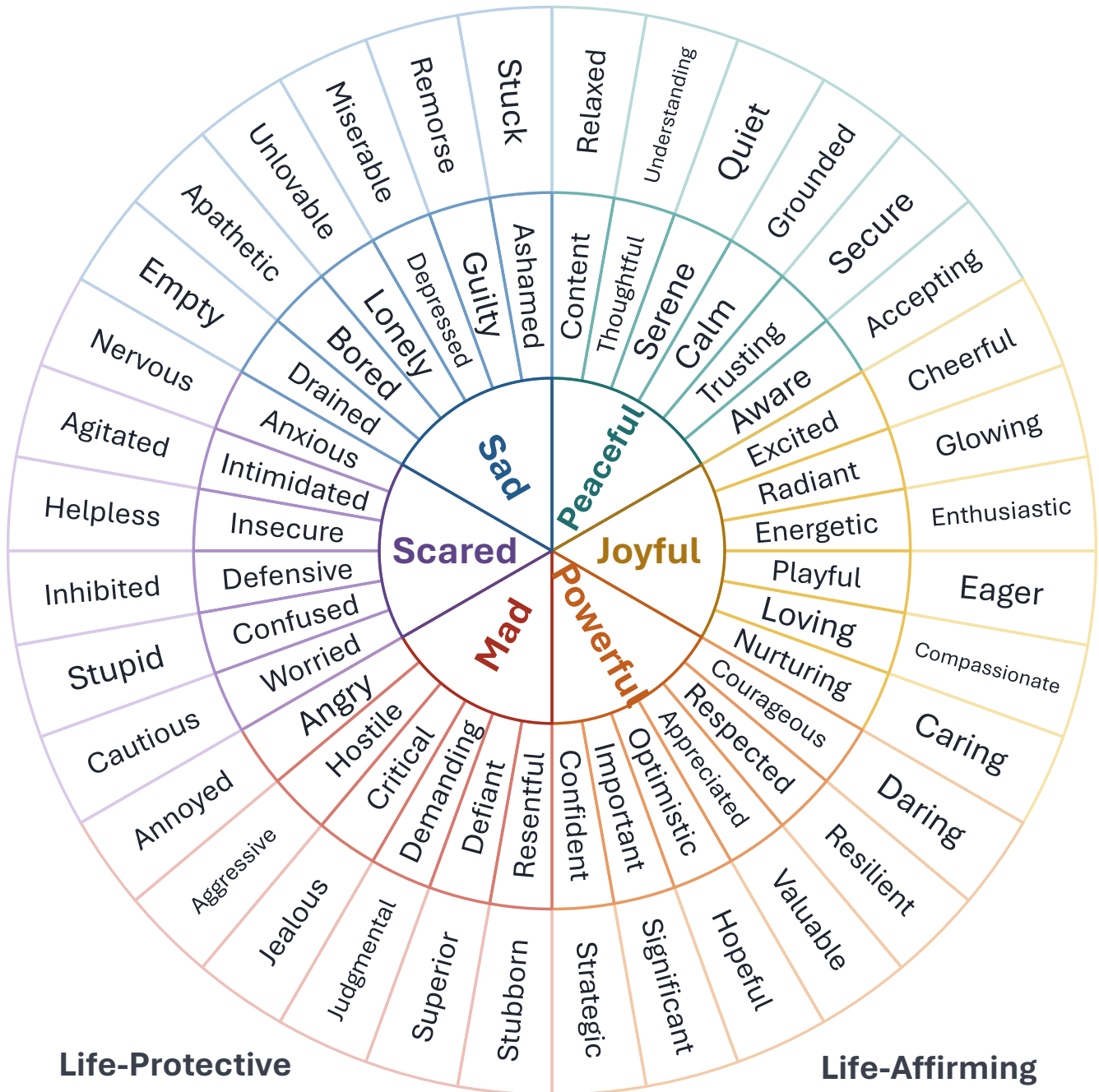
Seeing every emotion as useful and purposeful is the foundation for building emotional awareness, emotional granularity, and self-regulation.

Emotions Wheel



Negative Affect

Positive Affect



About Kidest OM



Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling experiences.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and follow-through transform intention into reality.

Learn more at infinite-life.com

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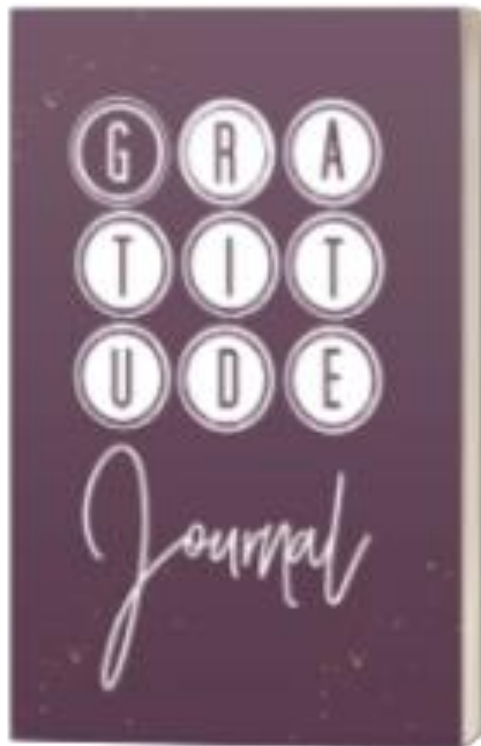


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