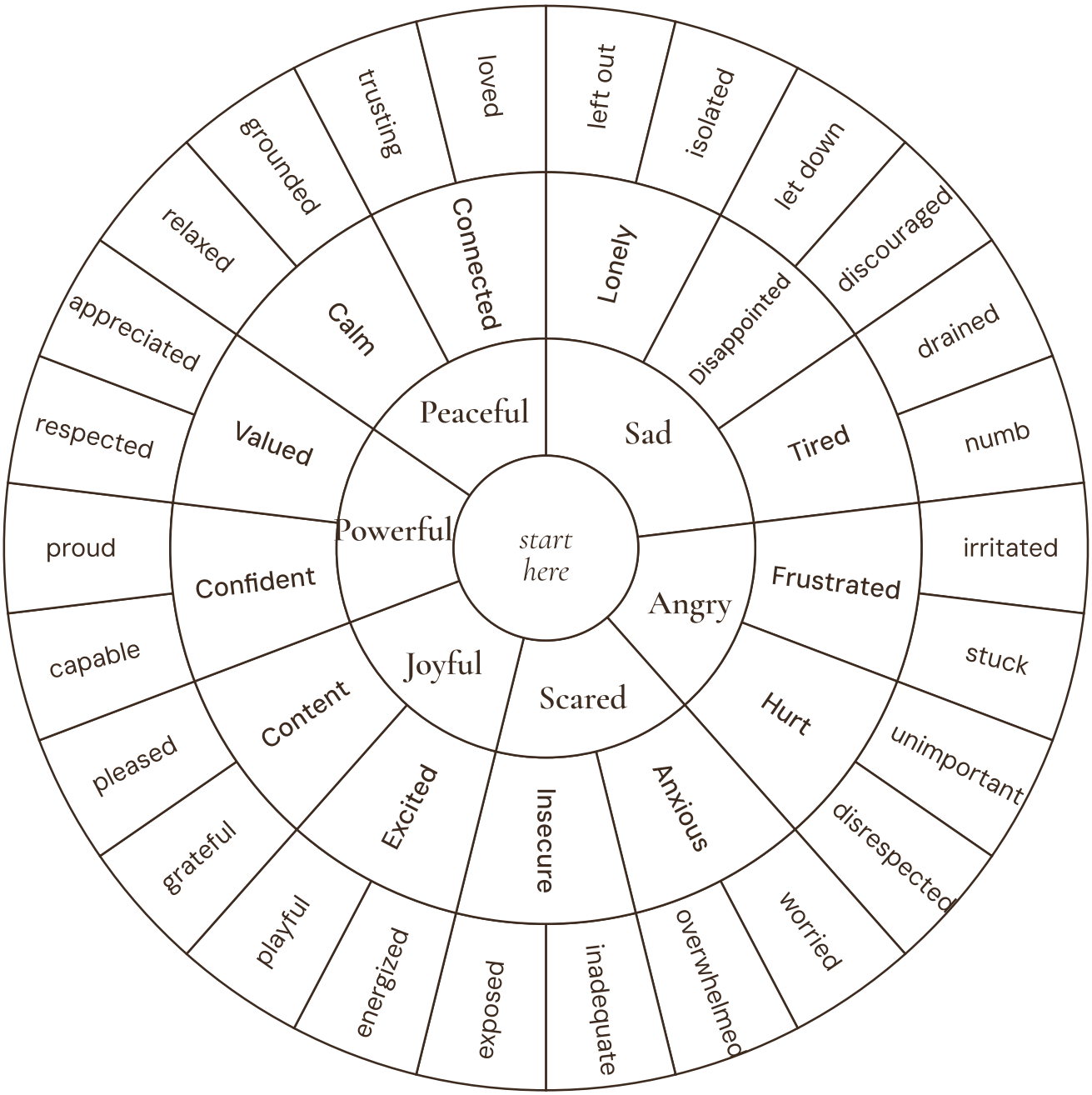
SŌMA

A PRINTABLE TOOL

The Emotion *Wheel*

Start with the core emotion in the center, then move outward until a word fits. The more precise the word, the easier it is to know what you need next.



HOW TO USE IT

Six steps, about a minute

Use the wheel when you notice a strong reaction, or once a day as a short check-in. You're not looking for the perfect word, just a closer one.

1 **Pause**
Stop for about thirty seconds. You don't need to fix anything yet.

2 **Start in the center**
Pick the core emotion that roughly fits, even if it's only close.

3 **Move outward**
Go ring by ring until one word feels closer than the rest.

4 **Check against your body**
Notice where you feel it: chest, throat, stomach, jaw, shoulders.

5 **Rate the intensity**
Give it a number from 0 to 10.

6 **Say it in one sentence**
For example, “I feel left out.” Don't explain it yet.

Recognize, understand, regulate

RECOGNIZE
Name the feeling with the wheel. Naming comes before changing anything.

UNDERSTAND
Ask what's behind it: what happened, and what this feeling is asking for.

REGULATE
Then respond: breathe with a longer exhale, or pause before you reply.

This wheel is a self-awareness tool, not a diagnosis or a substitute for professional care. Talk to a doctor or therapist if you've felt numb or empty most days for several weeks, or if emotions regularly get in the way of work, sleep or relationships. If you're having thoughts of harming yourself, contact local emergency services or a crisis line now.

SŌMA

7-DAY CHECK-IN

One word a day

Once a day, find the word, notice where it sits in your body, and ask what you might need.
After a week, read it back: which words repeat, and when do they show up?

DAY	CORE EMOTION	CLOSEST WORD	WHERE IN MY BODY	INTENSITY	WHAT I MIGHT NEED
Day 1				0 · · · · · 10	
Day 2				0 · · · · · 10	
Day 3				0 · · · · · 10	
Day 4				0 · · · · · 10	
Day 5				0 · · · · · 10	
Day 6				0 · · · · · 10	
Day 7				0 · · · · · 10	

What I noticed this week: