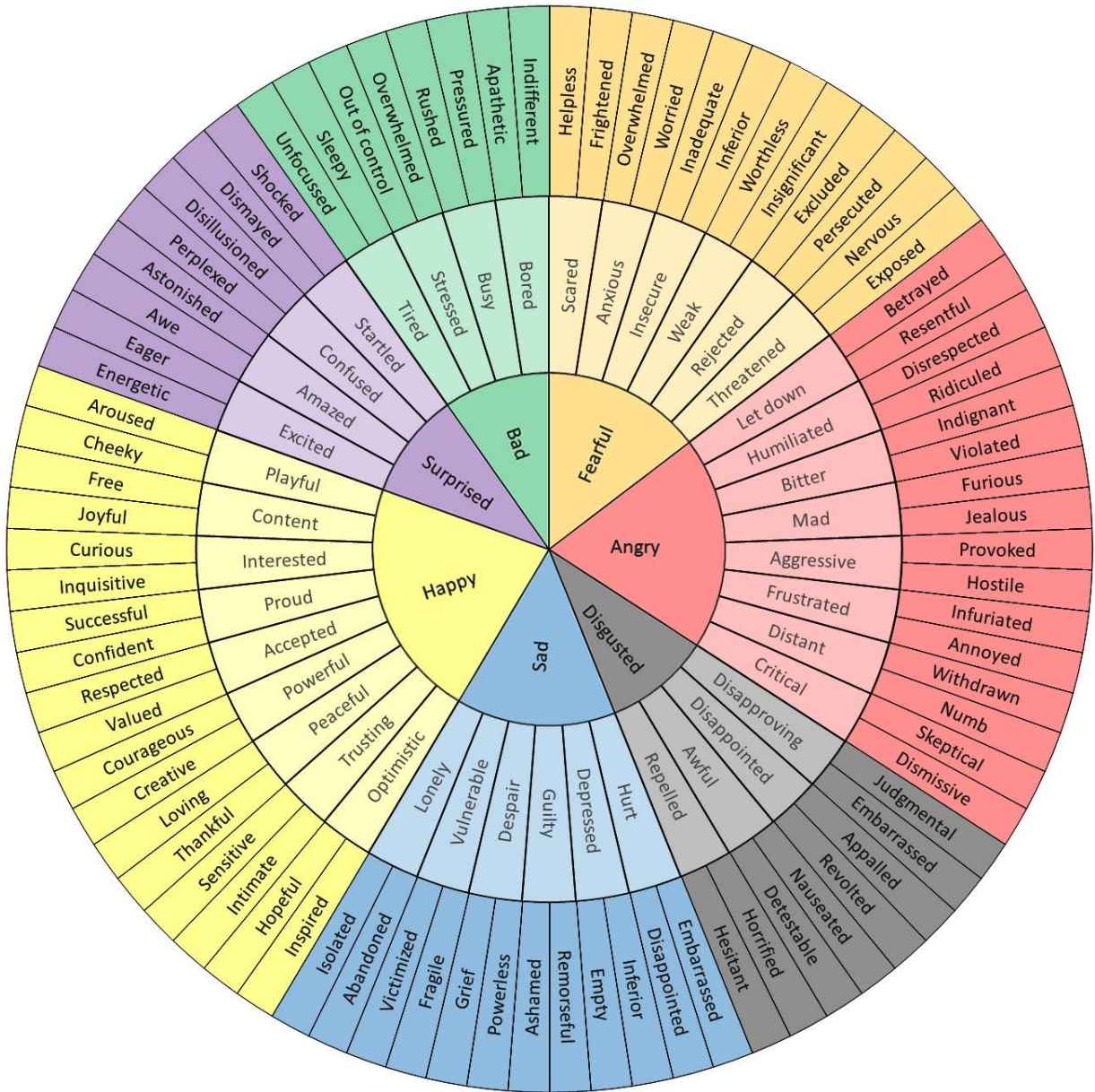


# Feelings Wheel



1. Look at the inner circle and ask "Am I feeling \_\_\_\_\_?" (Bad? Sad? Fearful?)
2. Find the segments you said yes to, then ask yourself yes or no questions for each of the middle level feelings.
3. Follow the Yes questions to the outside ring and find the word that describes your feeling best.
  4. Ask yourself, does your feeling represent the truth?  
(For example, if feeling inferior, are you actually inferior?)
  5. **Tell yourself the truth.**

(It's true that our bands are not the strongest players in the district, but we also have 68% of our students on free or reduced lunch. The fact that they are proud of themselves also matters. The role that I play in providing opportunities for these kids counts at least as much (or more) than whether or not we get a I or II at festival. Not every great thing can be measured.)