



# FEELING WHEEL 4.0

## Seven Day Tracking Sheet

Name at least three feelings you experience at least twice per day from two personal encounters. Start with the last day you remember clearly, or simply begin today, and document every day in a row until you have seven days of feelings recorded.

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Date Started \_\_\_\_\_

Day 1-

Day 2-

Day 3-

Day 4-

Day 5-

Day 6-

Day 7-

Name what is consistent about your most common Northside feeling(s) (person, place, and/or situation)?

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Name your top three Northside feelings, and identify the corresponding Southside feelings:

	Northside Feeling #1	Corresponding Southside Feeling #1
<i>Example</i>	<i>Frustrated</i>	<i>Worthwhile</i>
	_____	_____
	Northside Feeling #2	Corresponding Southside Feeling #2
	_____	_____
	Northside Feeling #3	Corresponding Southside Feeling #3
	_____	_____

Email this list to [admin@PassionProvokers.com](mailto:admin@PassionProvokers.com) for your free audio *Contemplation* to listen to on a daily basis to create new, positive neural pathways in your brain.

Now choose to forgive the root of these feelings, knowing that forgiveness is a choice most of the time way before it is a feeling. Write out who and/or what you are forgiving and add, "I choose to forgive you/this now." Read it out loud and shred it or burn it (watch it as it shreds/burns). Name the three feelings you have immediately following this.

See [PassionProvokers.com](http://PassionProvokers.com) for more tools.