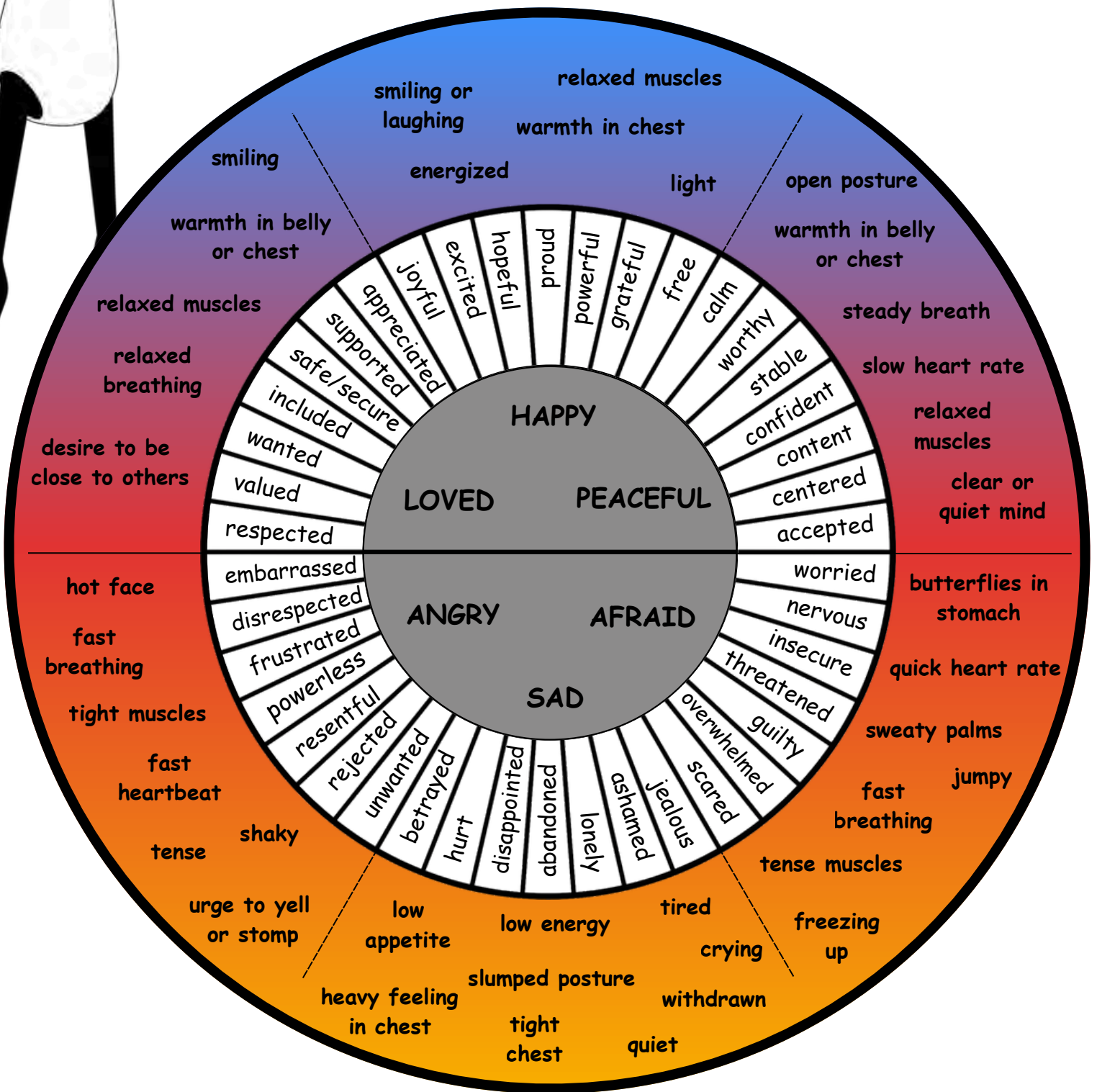




CONSENT COMICS PRESENTS...

OUR FEELINGS WHEEL



Your feelings decoder made a bit more interesting.

(A.K.A. an easy way to figure out your emotions and help you leave some of your "mess" at the door.) :-)

**WE'VE MADE UNDERSTANDING YOUR FEELINGS, AND YOUR RELATIONSHIPS,
AND YOUR FEELINGS ABOUT YOUR RELATIONSHIPS, A LITTLE EASIER.**

HOW THE WHEEL WORKS

(A.K.A. The Set Up)

Our feelings wheel is different. And we love that for you.

1 **Most feelings wheels like things neat and simple. Real feelings? Not so much.** You can feel insecure and end up scared, angry or sad—sometimes all at once. Our wheel embraces the overlap and drops the barriers, leaving you to be “free to move about the cabin”...we mean, **free to feel what you feel.**
(Oh, and don't worry. Loved, happy, and peaceful get the same treatment.)

2 We added something most wheels skip: **your body.** You don't have to start with your emotions. You can start with what your body is telling you, because **sometimes your body knows before your brain does.**

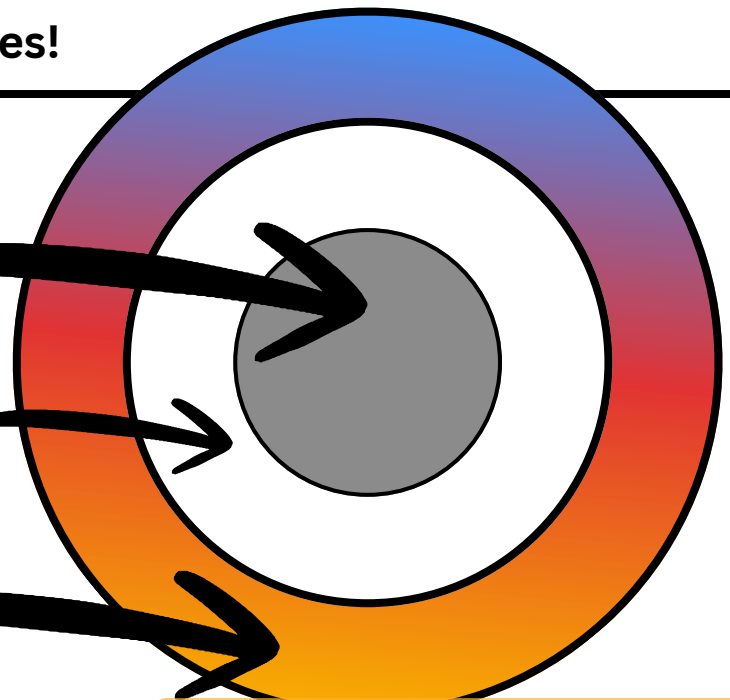
SO...how exactly can you do this?

See the next page for examples!

SIMPLE FEELINGS

UNDERLYING FEELINGS

BODY FEELINGS





WORK THAT WHEEL

(A.K.A. examples)

In the following examples:
Gray words are simple feelings
Underlined words are underlying feelings
Colorful words are body feelings



example 1

When so-and-so makes fun of me, my body feels tense because I feel hurt and humiliated. I don't feel accepted. I really want to feel wanted, respected, and confident.

I feel like I have butterflies in my stomach because I'm afraid. I'm afraid because I feel overwhelmed and powerless. I don't feel confident. I want to feel supported, but instead I feel lonely. I just want to feel peaceful.

example 2

example 3

I am really happy because I feel supported and valued. I don't want to feel unwanted and disrespected, like I did in my last relationship. I like that my body feels so relaxed and light in this one.

***I LIKE THIS PAGE, BUT I REALLY LIKE THE SIMPLE TEMPLATES
ON THE NEXT PAGE! #GAMECHANGER***

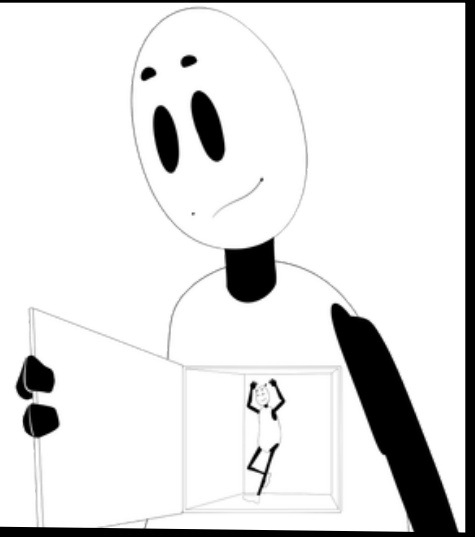


A FEELINGS CHECK UP

(A.K.A. checking in to see what you're feeling and why you're feeling it.)

Use these prompts with the feelings wheel to help you better understand your feelings.

Note: You can put more than one emotion in any blank space.



SELF-CARE CHECK

Right now I feel _____ because I don't feel _____.

My body feels _____ because I don't feel _____.

I am at my best when I feel _____ because I don't feel _____.

I am most comfortable when I feel _____ because I don't feel _____.

My body feels _____ when something is off.

When I am unsure about something, I feel _____ because I don't feel _____.

The feeling I don't say out loud is _____ because I feel _____.

This relationship makes me feel _____ because I don't feel _____.

When I am with this person, I feel _____ because I don't feel _____.

After spending time with them, I usually feel _____ because I don't feel _____.

When I think about this relationship, I feel _____ because I don't feel _____.

Right now, being in this relationship feels _____ because I don't feel _____.

When I am around this person, my body feels _____.

Overall, in my relationships, I want to feel _____, not _____.

RELATIONSHIP CHECK

(This is for any kind of relationship)



**DON'T FORGET
THIS STEP!**

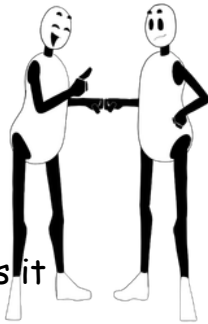
**BASED ON HOW I FEEL, WHAT I NEED
RIGHT NOW IS... LATER I NEED...**

Discover more at ConsentComics.com

THE POST CHECK-UP "NOW WHAT?"

BASED ON HOW I FEEL, WHAT I NEED RIGHT NOW IS [insert what your body and mind need in this moment].
LATER I NEED [insert what your body and mind may need later on].

CONNECTION



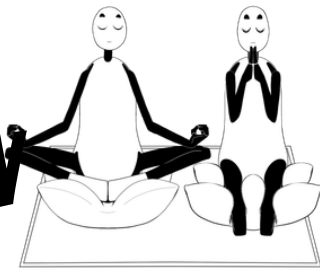
- Texting a friend who gets it
- Talking things out
- Hanging out without pressure
- Feel seen, heard, and not alone



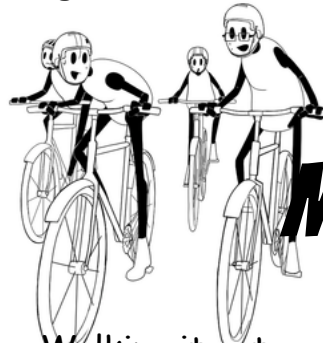
COMFORT

- Comfort shows/movies or music
- Warm drinks, good snacks
- Hoodies, blankets, pets
- Familiar things that help you feel okay again

QUIET REFLECTION



- Alone time
- Journaling, prayer/meditation
- Low-noise, low-pressure time
- Thinking things through



MOVEMENT

- Walking it out
- Stretching, dancing, or shaking it off
- Sports or fresh air
- Moving your body to clear your head

FUN



- Laughing (even at dumb stuff)
- Doing something playful or creative
- Hobbies, games, music, or art
- Anything that reminds you joy still exists



REST & RESET

- Sleeping or napping
- Taking a real break
- Doing less without guilt
- Resetting your energy, not pushing through

BOUNDARIES



- Saying no
- Creating space
- Stepping away from pressure
- Choosing what's okay for you
- Asking for respect

SEE THE NEXT PAGE
FOR WHEN THINGS
FEEL TOO HEAVY 

WE CARE

(A.K.A. We want to make sure you're taken care of.)

CRISIS TEXT LINE

Website: crisistextline.org

Text: Text HOME to 741741

What is it? A free, confidential 24/7 text line that connects you with trained crisis counselors who can help you through anxiety, panic, grief, or any overwhelming moment.

How to use it: Text HOME to 741741 from anywhere in the U.S. You'll connect with a real person who listens, supports, and helps you find next steps.

SUICIDE & CRISIS LIFELINE

Website: 988lifeline.org

Call: 988

Text: Text 998

Chat: Online chat available

What is it? A free, confidential service for anyone in emotional distress or thinking about suicide—or for anyone worried about someone else.

How to use it: Dial or text 988 anytime to connect with trained counselors who will listen, help you stay safe, and guide you toward support.

LOVE IS RESPECT

Website: loveisrespect.org

Call: 1-866-331-9474

Text: Text LOVEIS to 22522

Chat: Online chat available

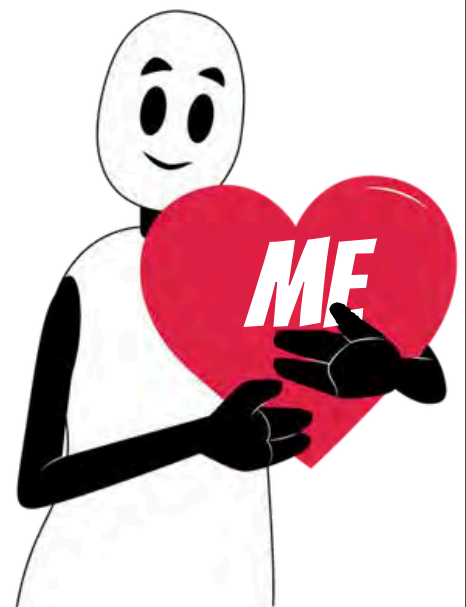
What is it? A confidential resource for young people experiencing or questioning unhealthy or abusive dating relationships.

How to use it: Chat, text, or call to talk about healthy relationships, boundaries, or supporting a friend. Peer advocates offer real-time guidance in a judgment-free space.

MORE SUPPORT SITES AND LINES

AVAILABLE AT consentcomics.com/resources

**HERE'S TO
TAKING
CARE OF...
YOU**



Discover more at ConsentComics.com