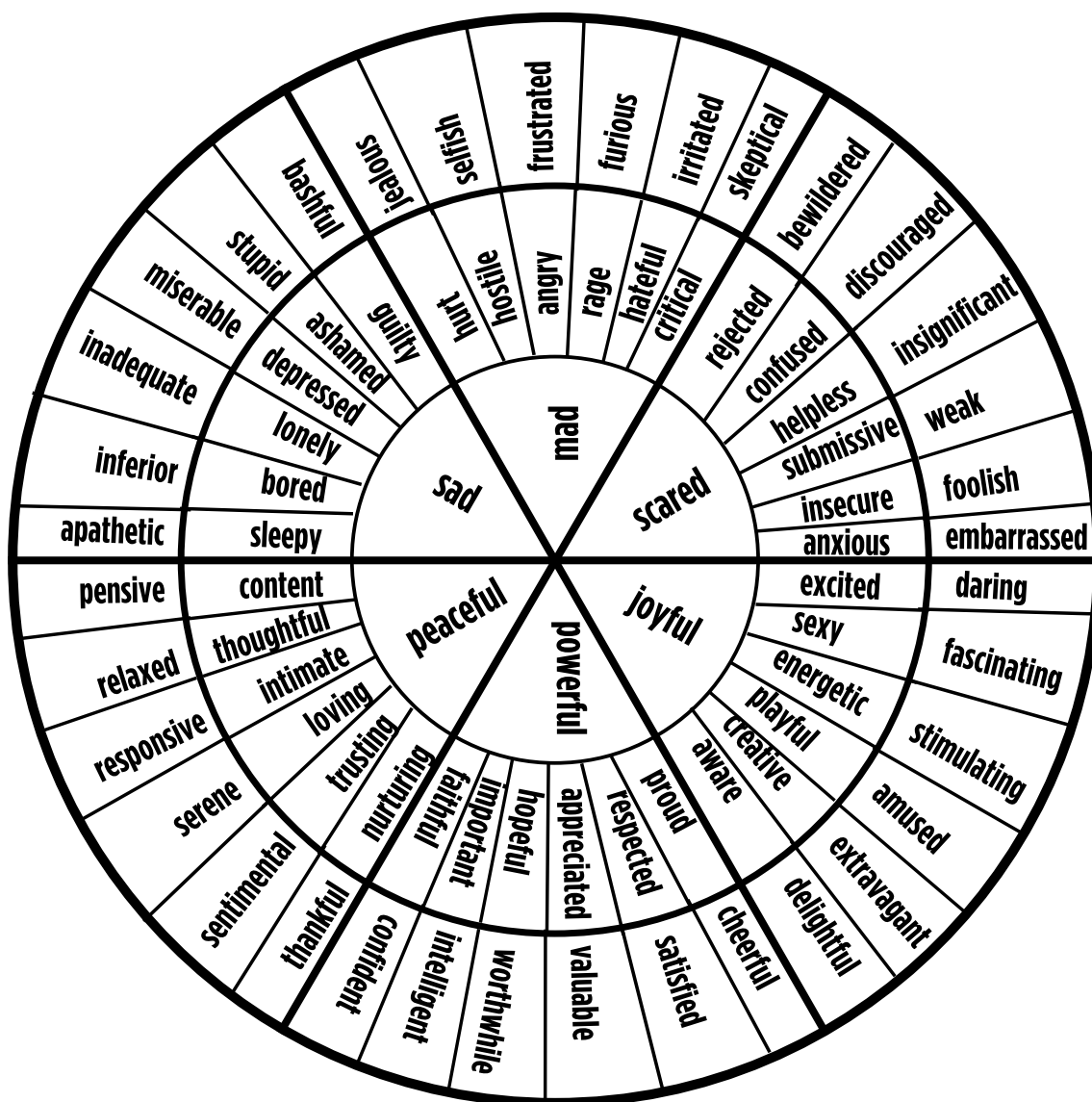


The Feelings Wheel



How to Use the Feelings Wheel:

1. Start at the middle of the wheel, and identify the primary feeling you are experiencing.
2. Based on the main emotion you are feeling, move to the corresponding second & third tier of the wheel.
3. Use the Feelings Wheel as a tool to become aware of your emotions. And then, communicate your emotions with those you're in relationship with.