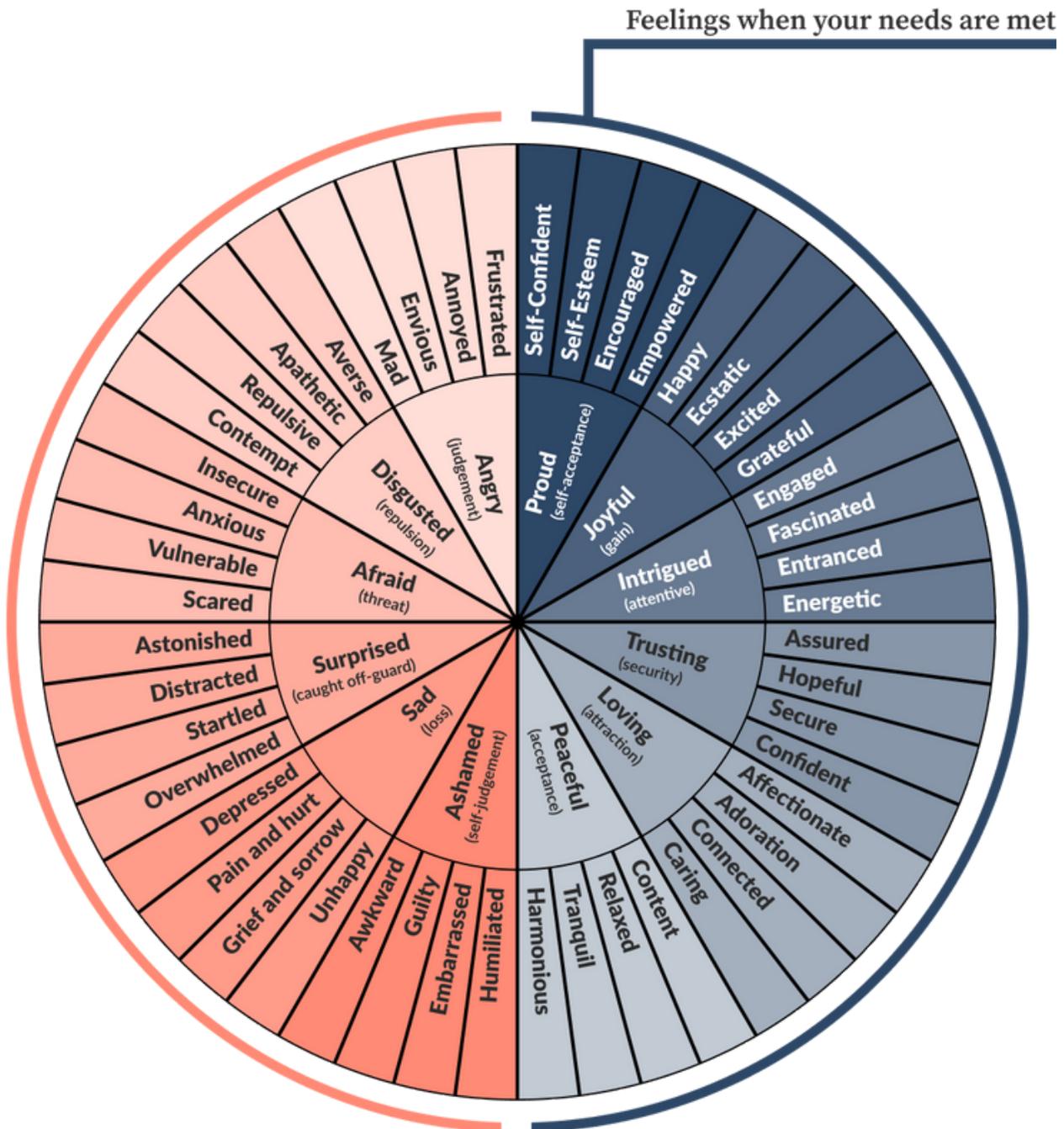


Feelings Wheel

Feelings can be complicated - sometimes clear and other times not-so-clear. This simple tool is helpful for creating awareness, understanding, and connection.



Feelings when your needs are not met

