

WHEEL OF EMOTIONS

THE WHEEL OF EMOTIONS IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND YOUR FEELINGS.

IT CAN HELP COMMUNICATE BETTER WITH YOURSELF AND OTHER PEOPLE ABOUT HOW YOU ARE FEELING.

TAKE A MOMENT TO REFLECT ON THE CATEGORIES BELOW, AND CIRCLE THE ONES WHICH ARISE IN THE GIVEN MOMENT. YOU CAN DO THIS AS OFTEN AS YOU NEED.

