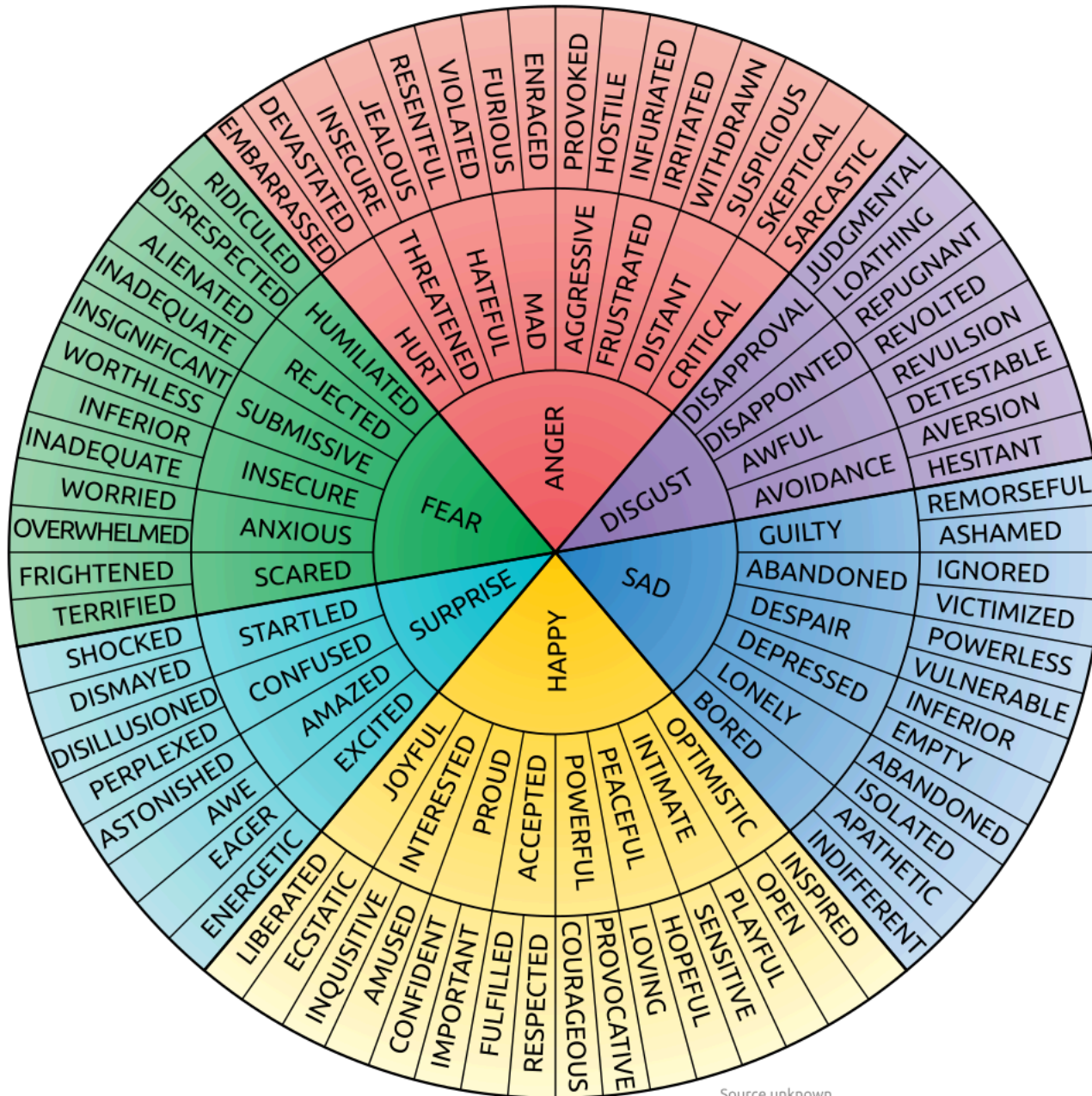


EMOTIONS WHEEL

You can use the wheel for:

1. Exploring the emotions you are feeling at any given moment of the day.
2. Daily self-reflection where you identify the emotions you experienced throughout the day.
3. Exploring deeper and longer-term emotions that may be affecting you.
4. Helping you find the words to describe your experiences in greater detail during therapy.



Source unknown