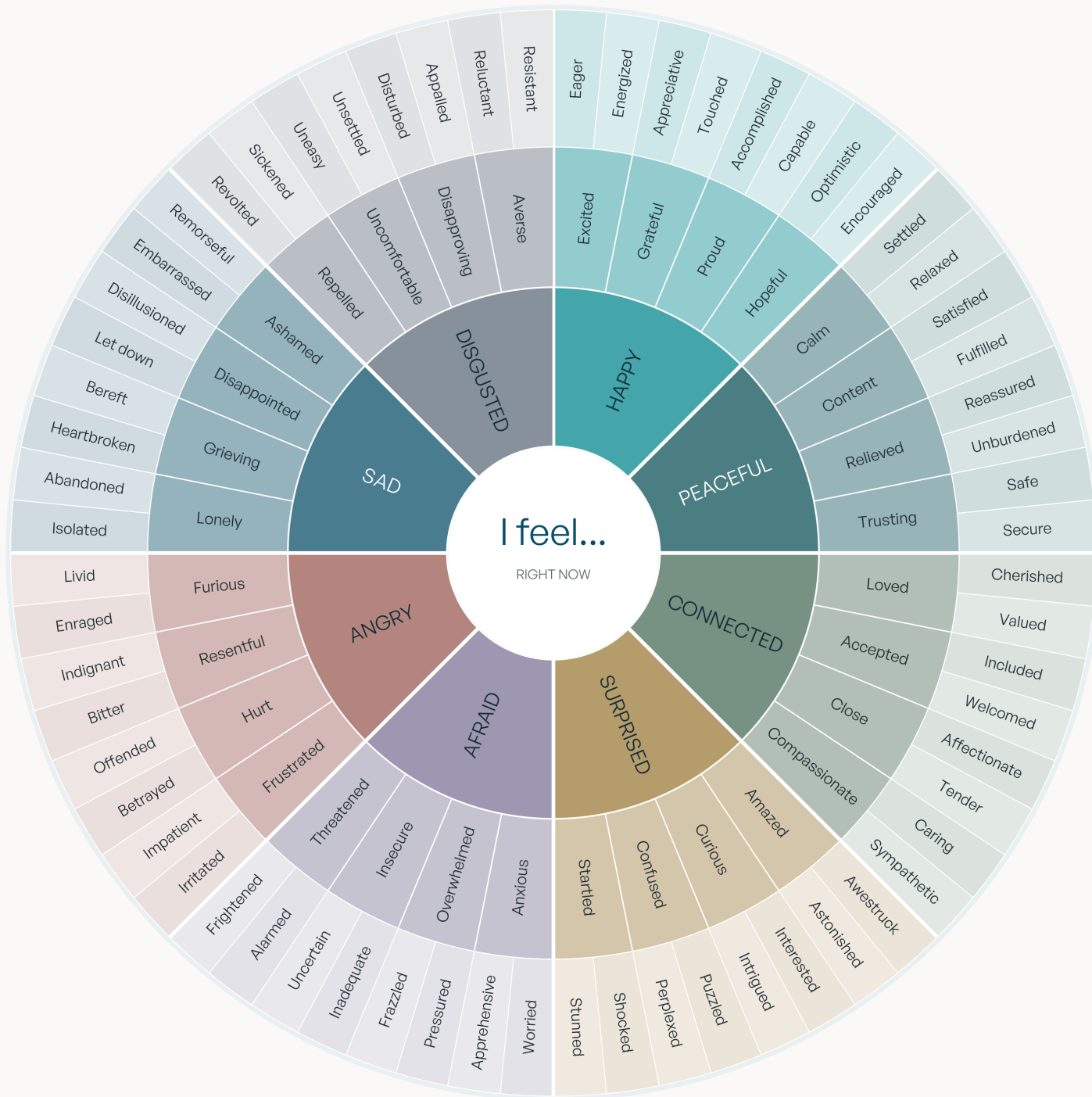




Emotions Wheel

Find words for what you feel. Make room for more than one.



01 START INSIDE

Choose a broad emotion.

02 MOVE OUTWARD

Find a word that feels closer.

03 PAUSE & NOTICE

What do you need right now?

You can feel several things at once. Every feeling has room here.