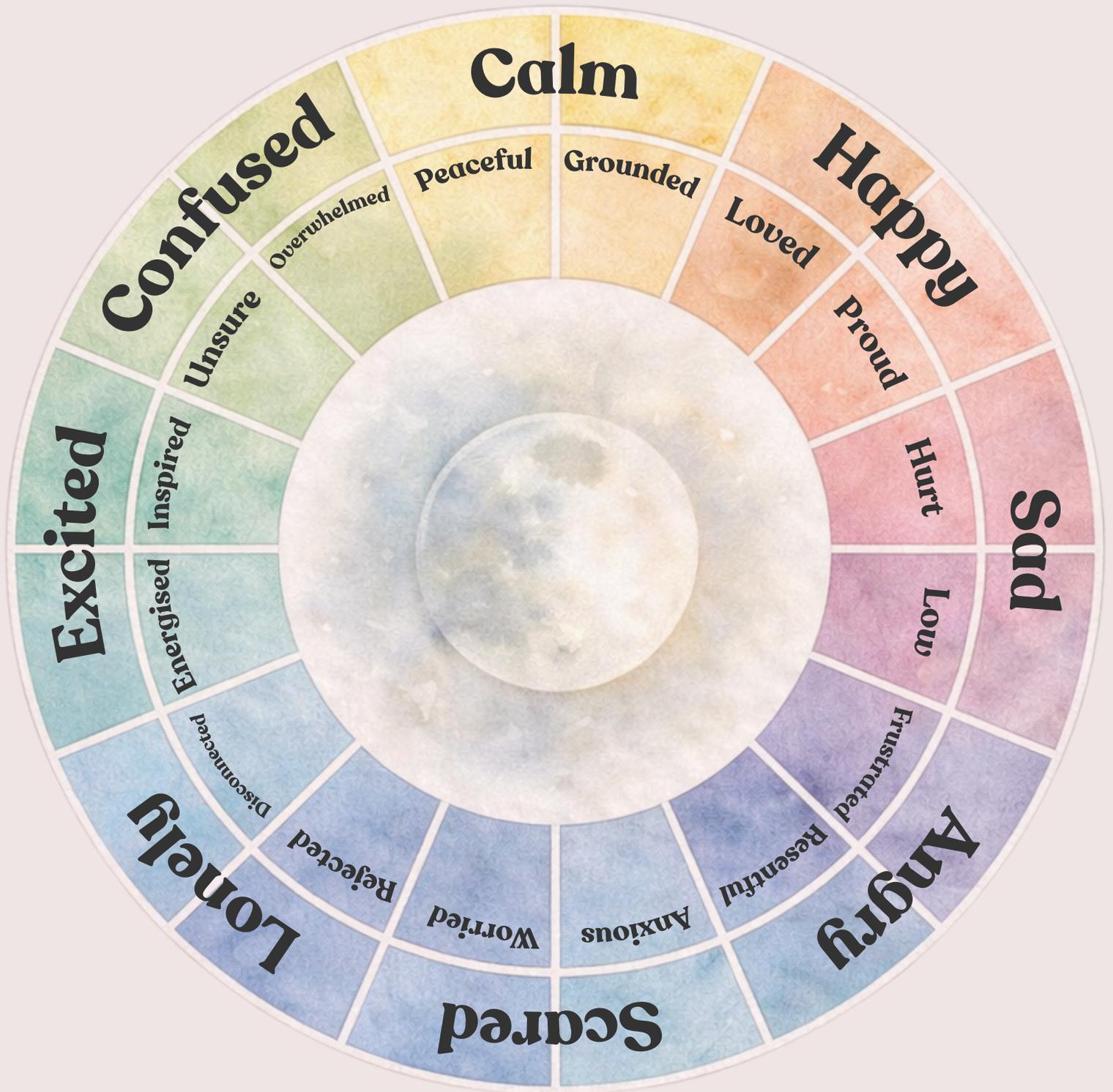


# The Moon Feelings Wheel



## How to use the wheel?

- Pause and notice what your body feels like right now, then choose the outer feeling that fits best.
- Look to the two feelings inside that section and see which one feels most true.
- Say it out loud or write it down, then ask yourself what that feeling might need.