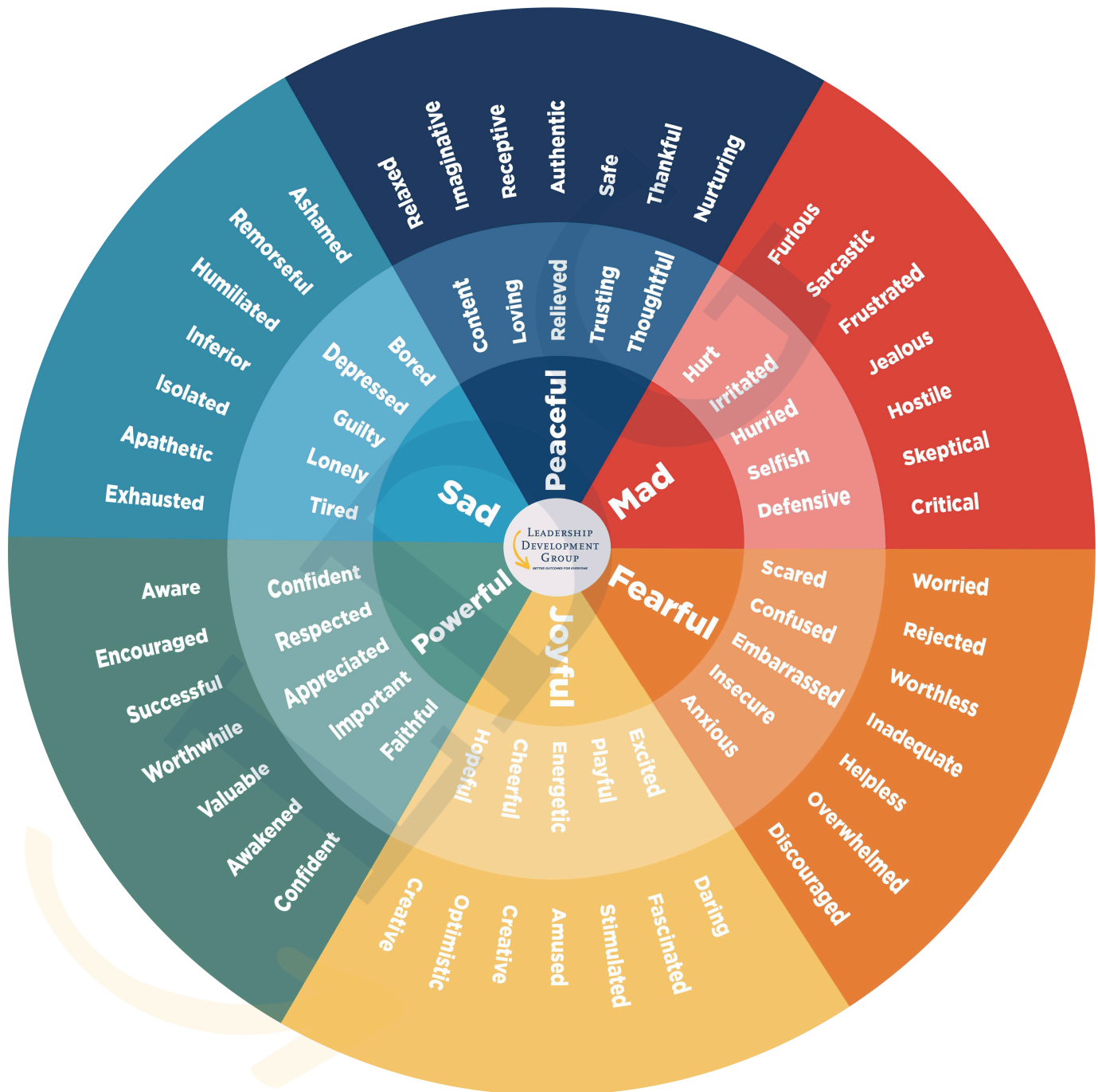


Emotions Clarifier™



The Feelings Wheel

Emotions Clarifier™

Situation:

What am I feeling?

What do I want to feel?

What do I need for myself to
be able to make this change?

What can I do now?