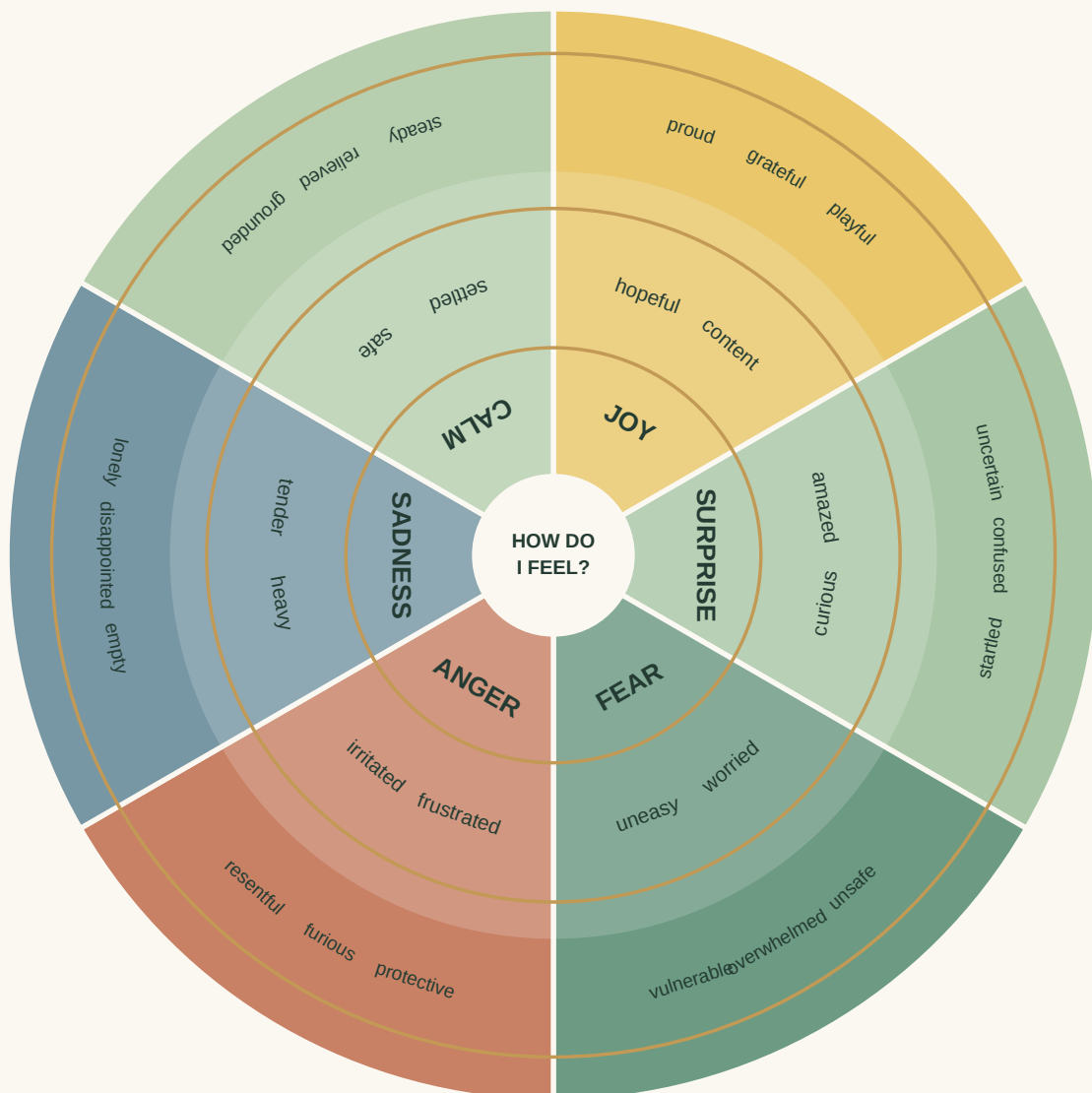




Feelings Wheel

Start in the centre. Move outward until you find words that feel closer to your experience.



Pause and notice

Circle more than one word if you need to. Feelings can overlap, shift and carry different messages.

BODY

Where do I notice it?

NEED

What might it be asking for?

NEXT

What gentle action could help?