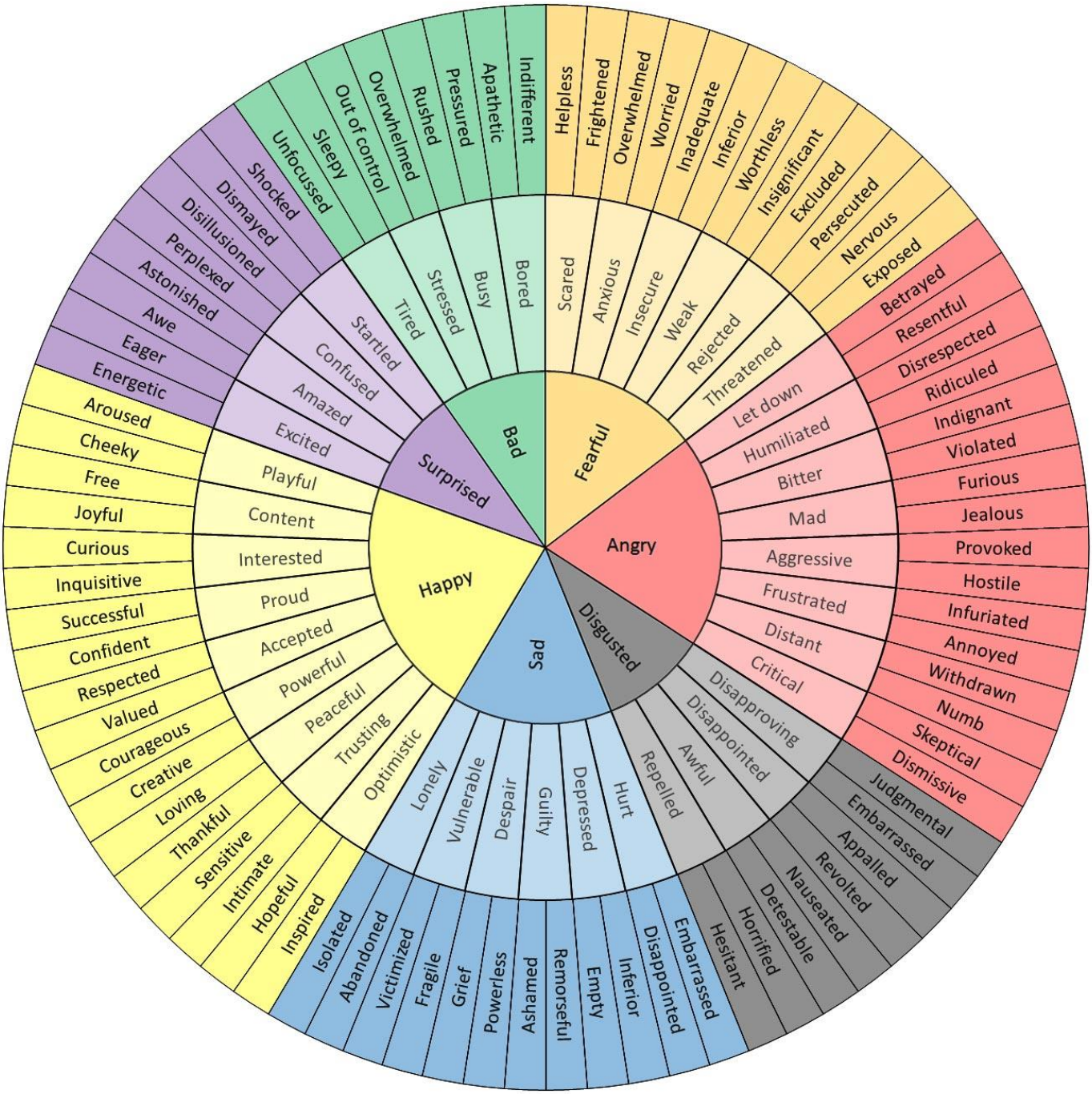
FEELINGS WHEEL

A feelings wheel allows us to clearly articulate our feelings, developing emotional literacy and therefore better navigate our emotions and or have a meaningful conversation with friends, family and colleagues.



Source: https://feelingswheel.com/