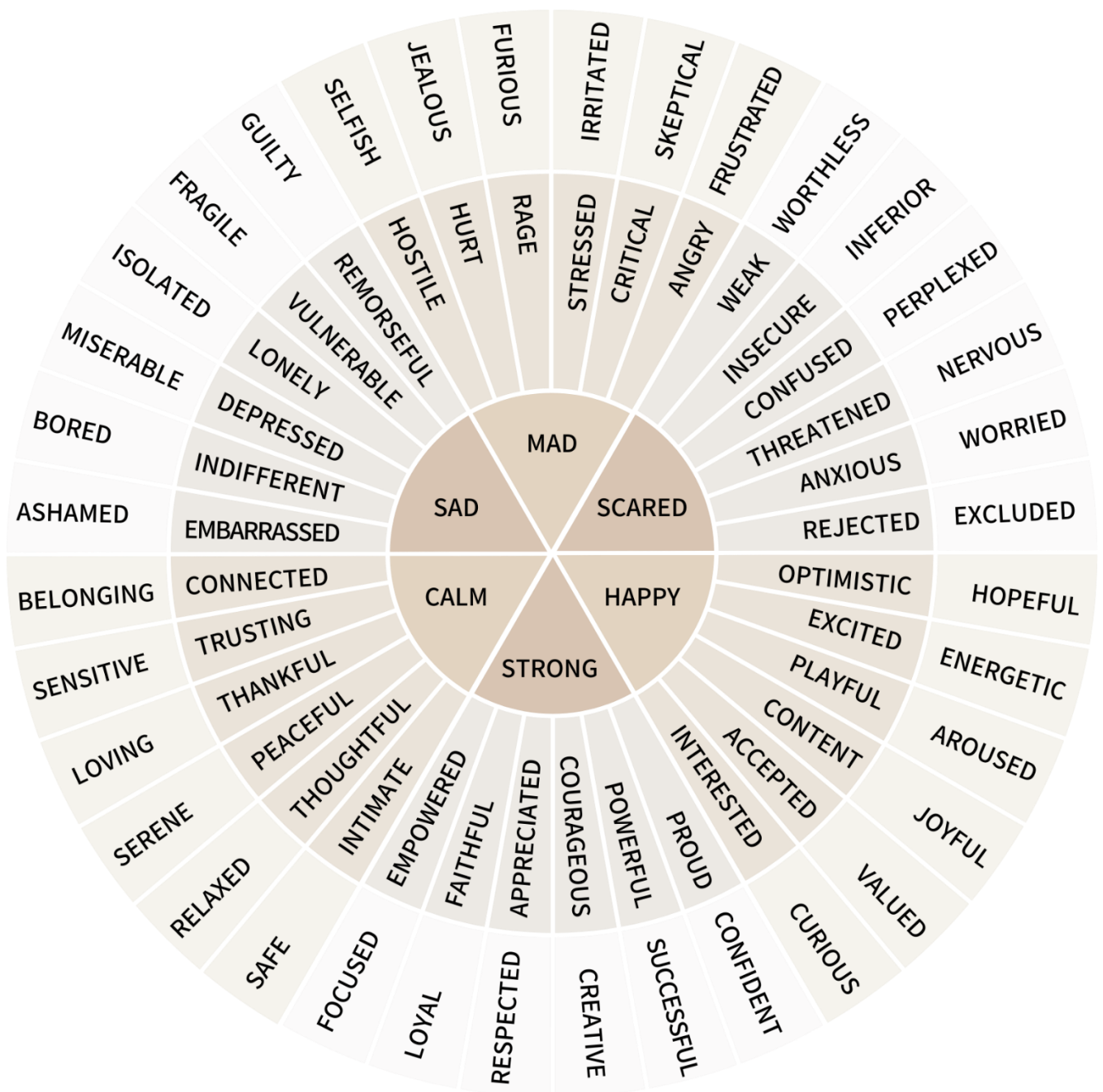


EMOTIONS WHEEL

This wheel can be helpful to use when attempting to understand the feelings you feel, or to explain your emotions to other people.



Interested to discuss how we can help you? Contact us at <mailto:hello@crearecoaching.com.au>