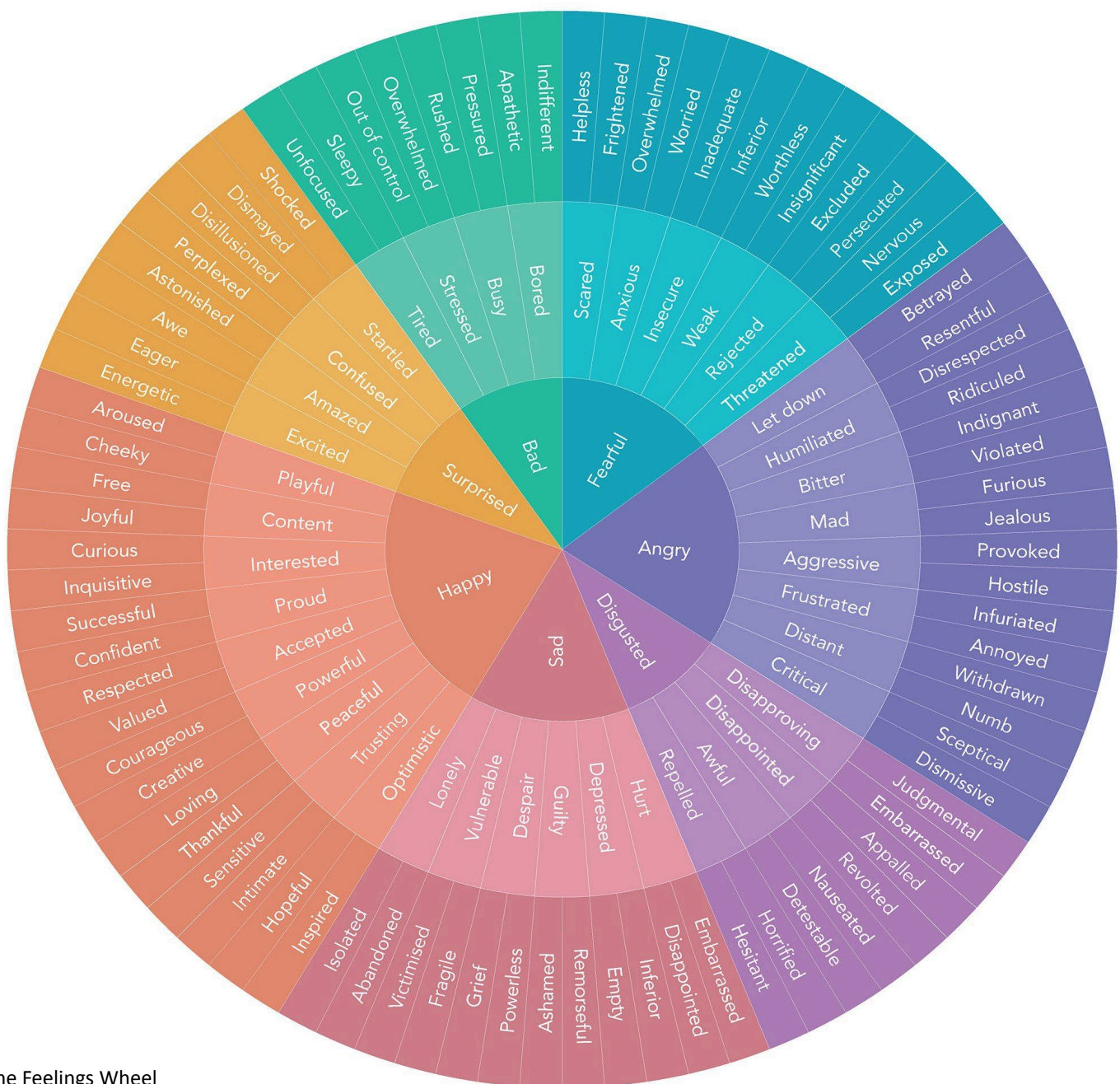


# The Feelings Wheel

## Pause for a moment

Refer to the feelings wheel below. Ask yourself:

1. How am I feeling?
2. How am I experiencing these feelings?
3. Where am I sensing these feelings in my body?
4. How are these feelings impacting my physical and mental well-being?



The Feelings Wheel