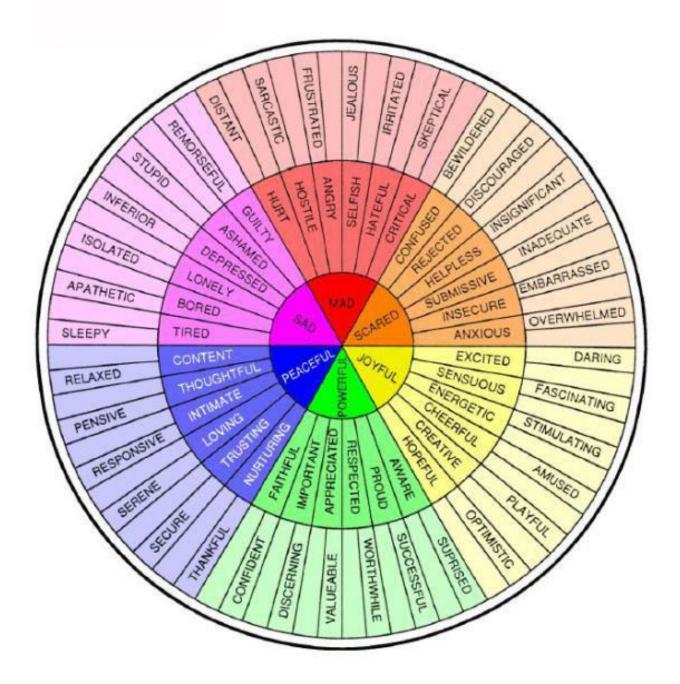
The Feelings Wheel



Name your feeling. If you don't know its name, search for it on the wheel. Stay curious. Don't judge it. A feeling is a feeling. It's not bad or good. It's okay to feel the way you feel. This feeling might be the way to learn something you need to learn.

Breathe through it and allow your body to relax.