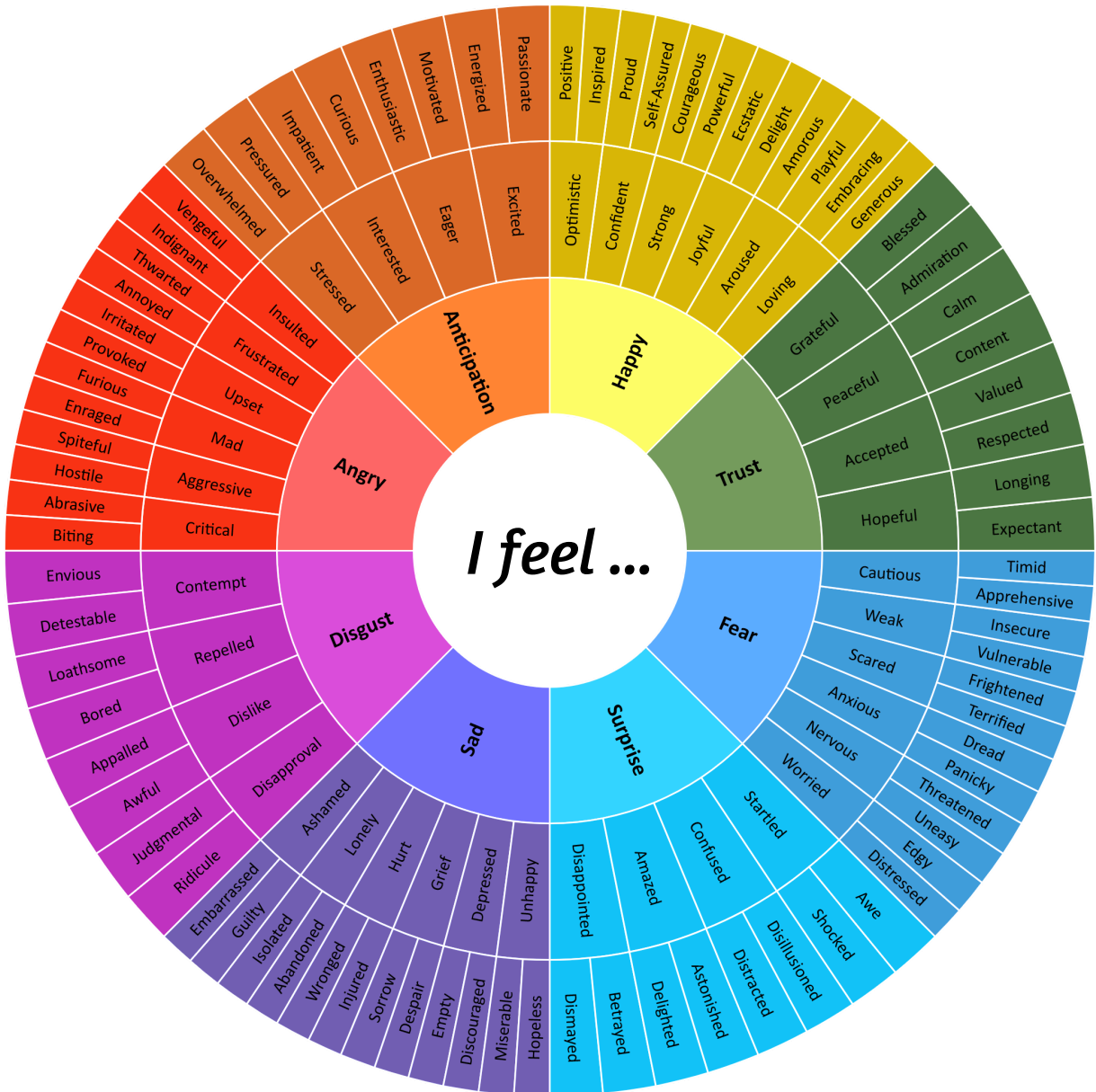


Feelings Wheel



**Whatever you can name
you can start to manage**