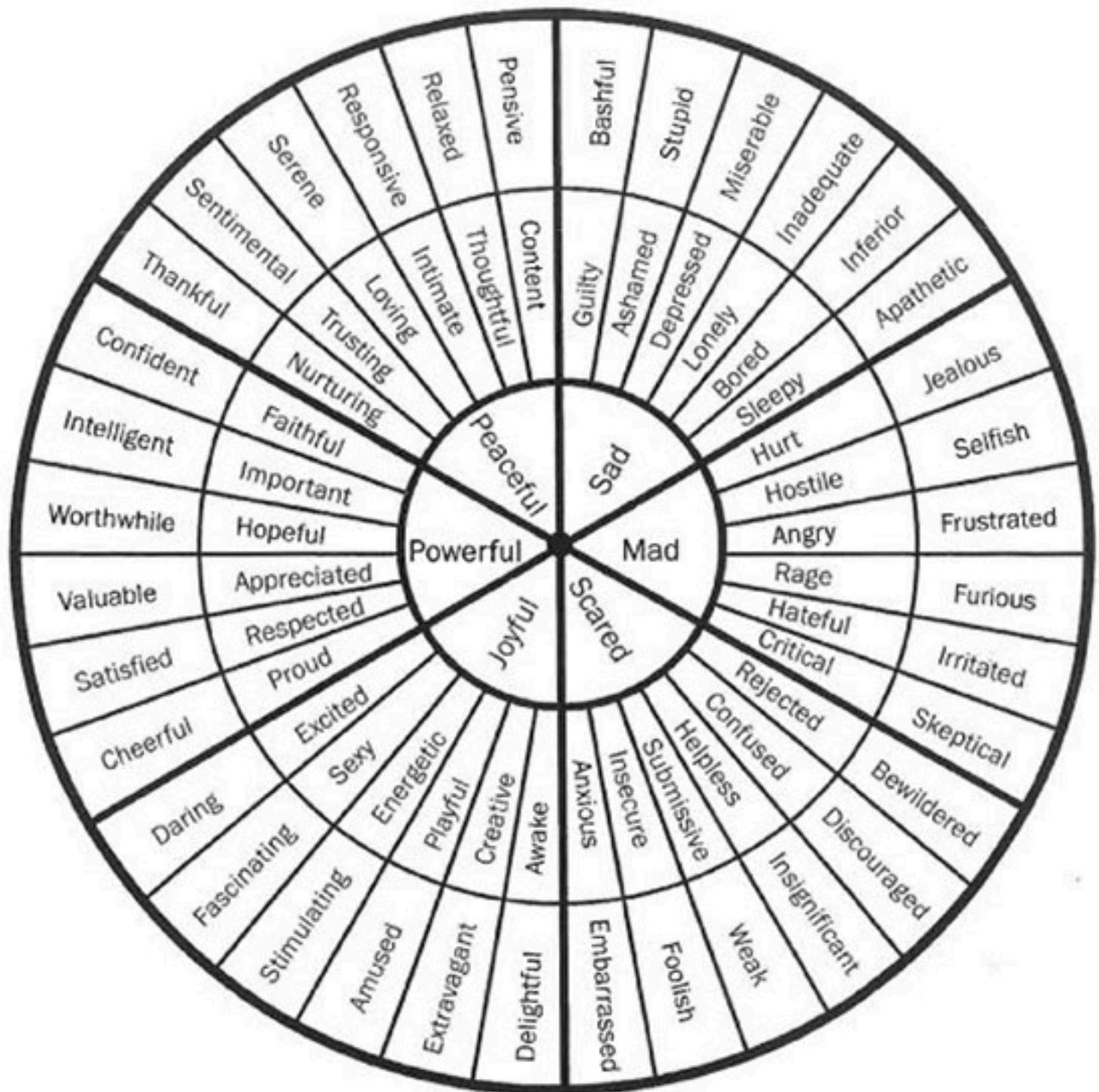


THE FEELING WHEEL



The "Feeling Wheel", which was developed by Dr. Gloria Willcox, is very useful in identifying the specific feelings and emotions you are experiencing at any given point in time so that they can be addressed and resolved. This is a great tool for making I-statements, for reflective listening or for personal reflection and processing your own emotions.