



*Describe the emotion you are experiencing, using the wheel as a guide.*

### **Where do I feel this emotion in my body?**

*Identify any physical sensations associated with your current emotion.*

### **What triggered this feeling?**

*Consider any events or thoughts that may have led to this emotion.*

### **What do I need right now?**

*Reflect on what might help you manage or embrace this feeling.*

### **Remember-**

“All emotions are valid—understanding them is power.”