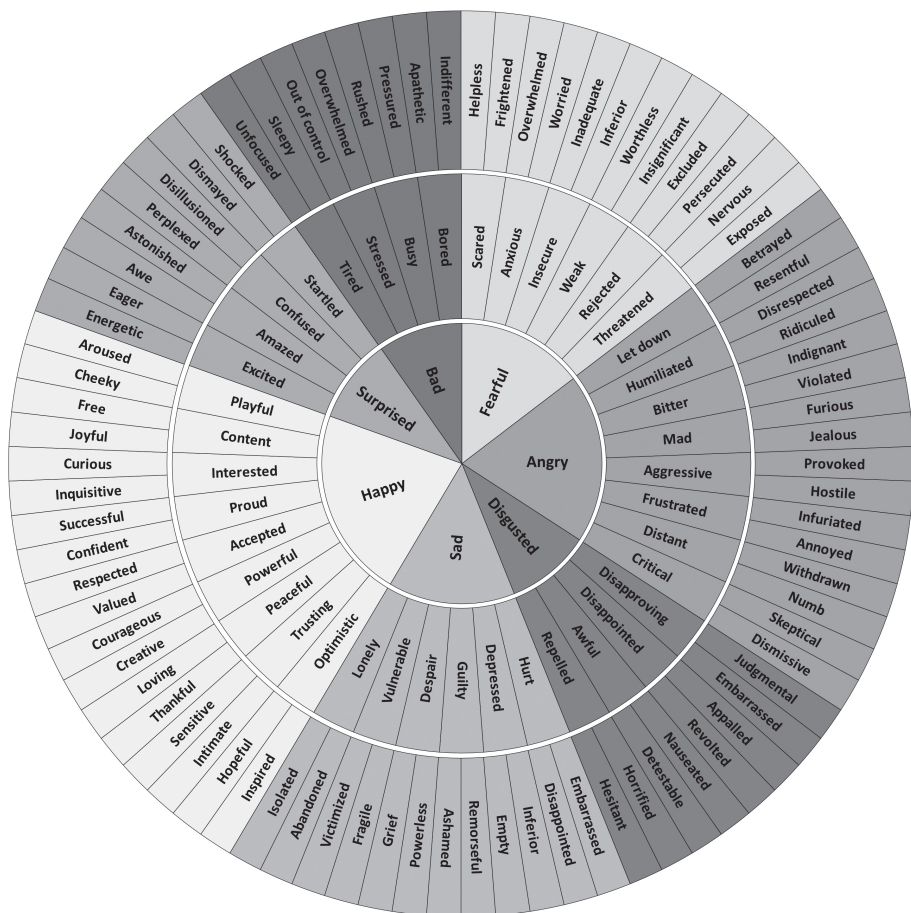


# The Feeling Wheel



To find your feelings, start in the middle with the seven primary emotions. Then move outward to pinpoint the feeling further.  
(Image courtesy of Geoffrey Roberts)