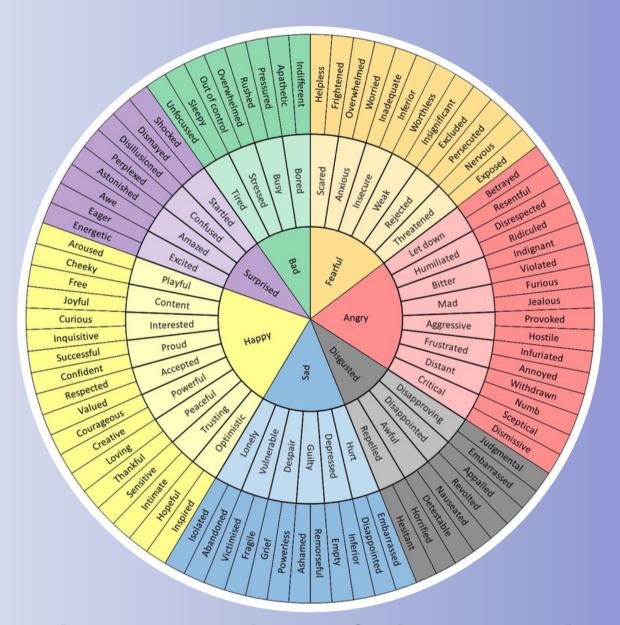
LEARN HOW TO LABEL YOUR

EEELINGS



Use the Feelings Wheel to find accurate labels for whatever you are experiencing.

Label your emotions to feel less reactive and more in control of your feelings.