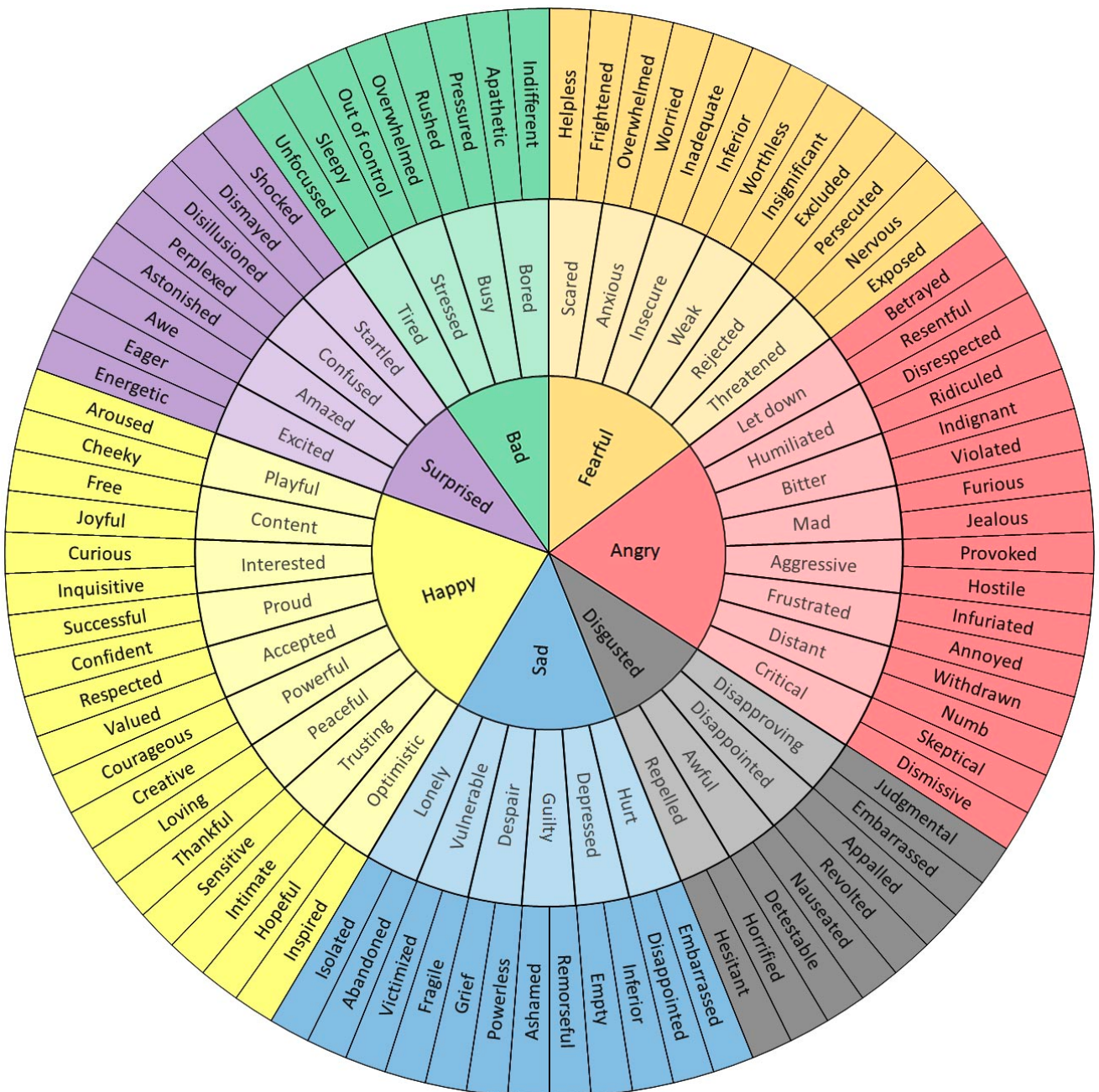


Wheel Of Emotions

The wheel of emotions is a powerful tool that can be used in a variety of situations. For example, it can be helpful in therapy sessions to identify and express complex emotions. It can also be used in personal development to gain a better understanding of our own emotions and how they impact our behavior. Likewise, in business settings, the wheel of emotions can help us understand the emotions of others and navigate difficult interpersonal relationships. Overall, the wheel of emotions is a versatile tool that can provide valuable insights into our emotional experiences and improve our ability to communicate with others.



Rising with Resilience Therapy

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