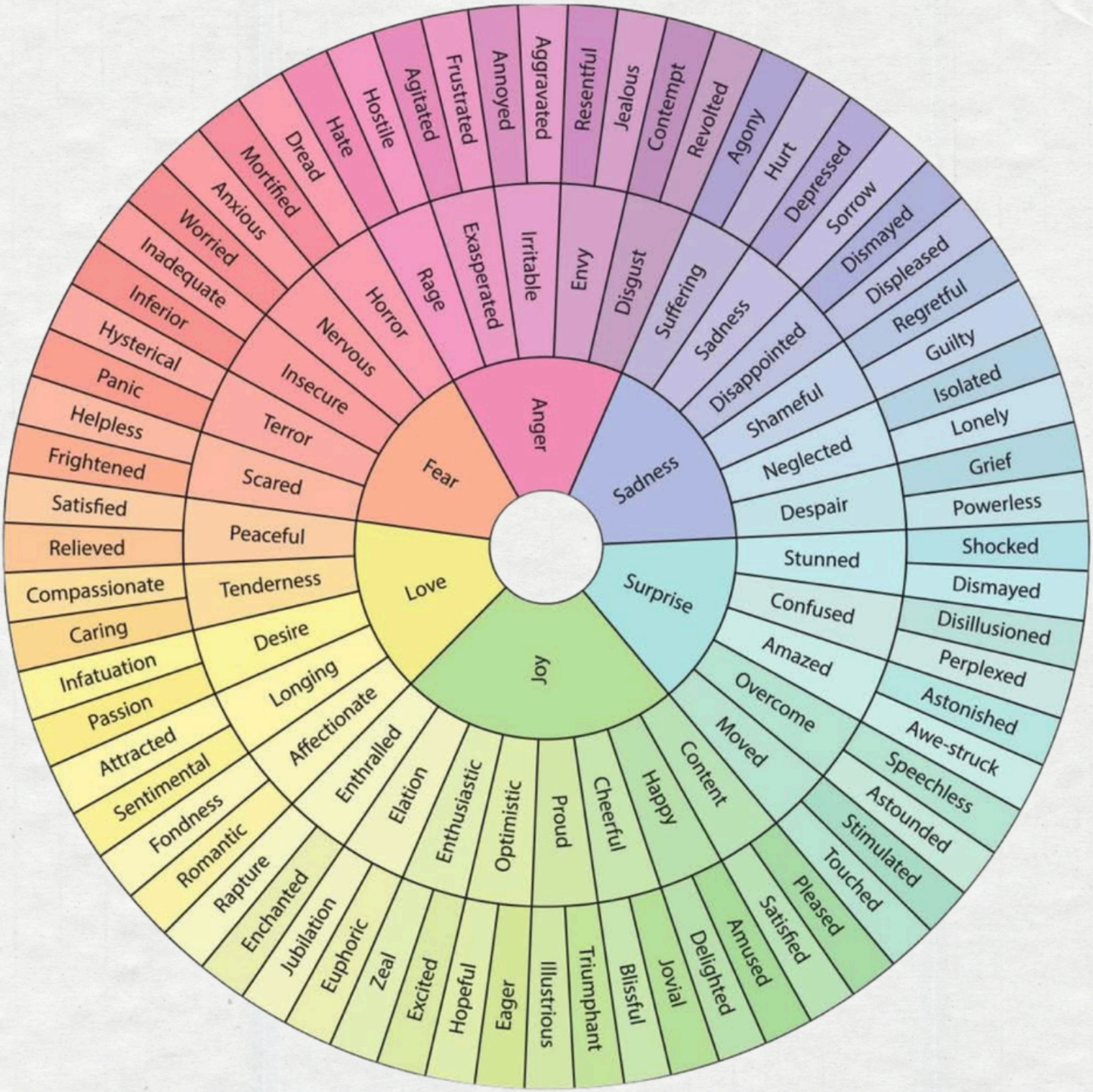
Feelings Wheel



Start broad. Then gently narrow.

thehealingspacetherapy.co.uk