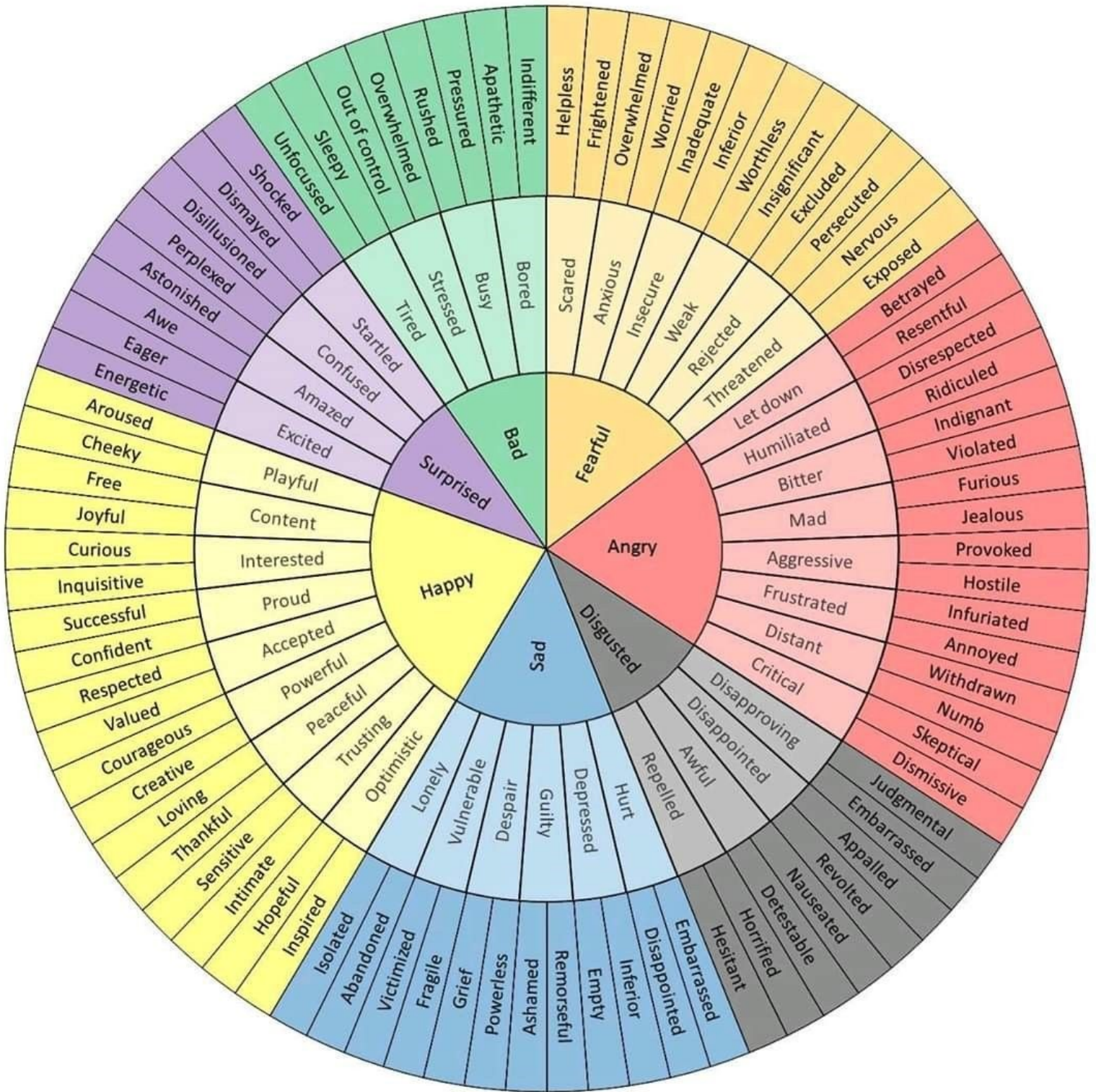


The Feeling Wheel Chart



**This Helps me dive deeper into feelings.
Once I start to discover, I can start to recover.**