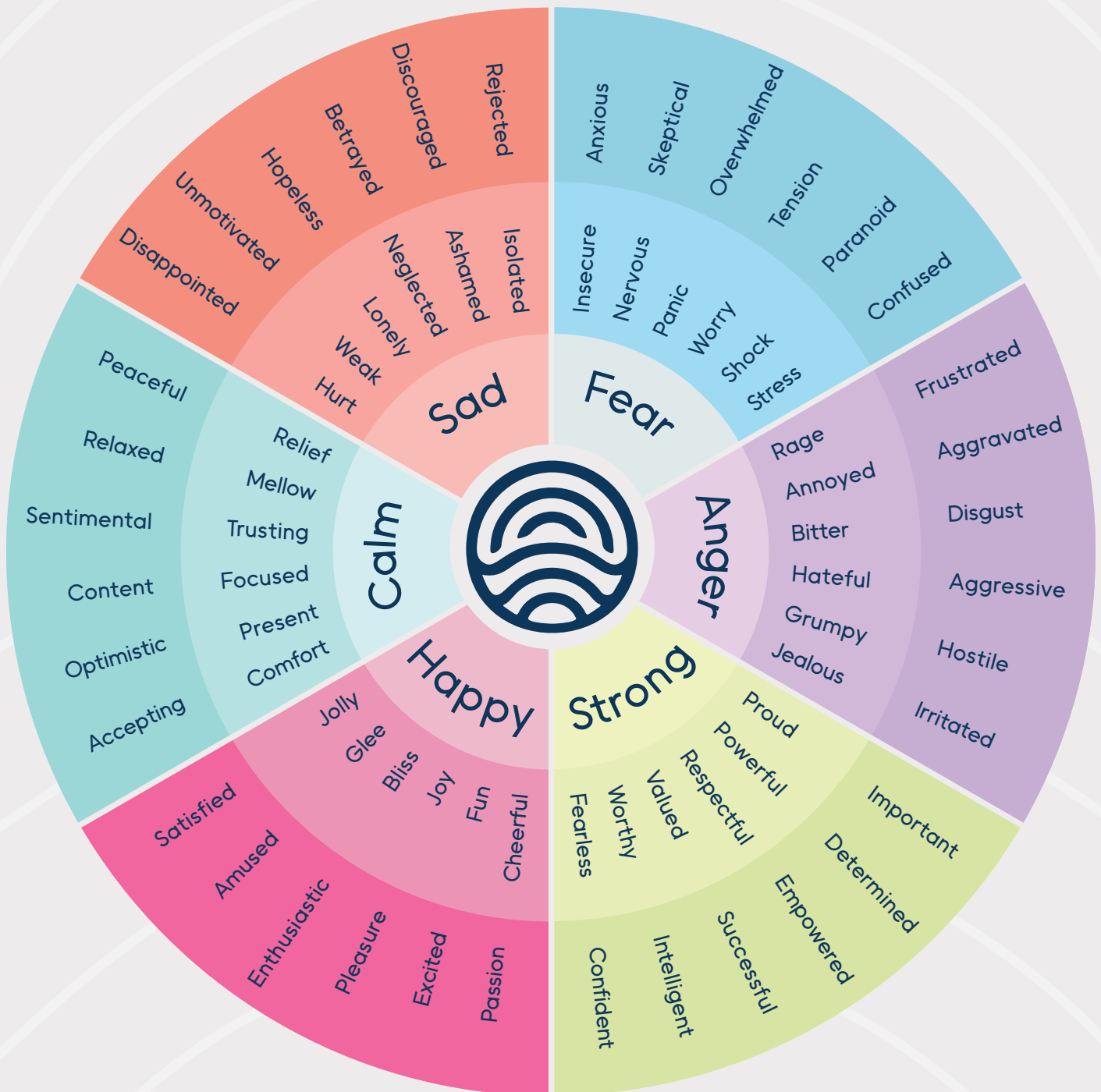


The Feel Wheel



The CBT feel wheel acts as a colourful map of emotions that helps you put a name to how you're feeling. A useful tool often used in therapy to understand your emotions and work with them.