

# The feelings circle pdf


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Identify, address and resolve feelingsHeal Feelings wheel PDFKB. The wheel has basic feelings in the center circle. More specific Designed by Gloria Willcox, the feeling wheel is a proven visual aid that helps people recognize, talk about, and change their feelings. It is typically arranged in the shape of a circle, with different emotions arranged around the circumference. Erica is co-founder and CEO of LOOM, a well-being brand empowering women through sexual and reproductive health. Contents hideHow to use the feelings wheelHow does the feelings wheel benefit you? Some common emotions included on a feelings wheel are happy, sad, angry, scare The Feeling WheelThe Gottman Institute The Feelings Circle was originally developed by psychotherapist, Dr. Gloria Willcox to facilitate better verbalization of emotions by her clients. Feeling wheel PDF. Download The So, to help, we've created a PDF with three different feelings wheels: The original feelings wheel created by Gloria Wilcox. A feelings wheel withchoices and corresponding The Feeling Wheel was designed by Gloria Willcox () and is a great starting point for those who find it challenging to identify their emotions. Her book, Nurture is full of helpful emotional communication tools for us all What is the wheel of emotions? You can use a feelings wheel to teach kids about their emotions. Label your emotions to feel less reactive and more in control of your feelings. The Wheel of Emotions, also known as the Emotion Wheel or 1 day ago · Feelings Wheel. You can use the wheel for: Exploring the emotions you are feeling at any given moment of the day. Download. F E E L I N G S L E A R N H O W T O L A B E L Y O U R S o u r c e s : <https://imgur>. Daily self-reflection where you identify the emotions you experienced throughout the day Use the Feelings Wheel to find accurate labels for whatever you are experiencing. com t C W C h f 6 F e e l i n g s W h e e l G e o f f r e y R o b e r t s Download For Free A feelings wheel is a visual tool that can help you identify and express your emotions. Download a printable and free PDF of this feelings wheel by clicking here!

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 tape 1 -

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Outils

Étape 1 -