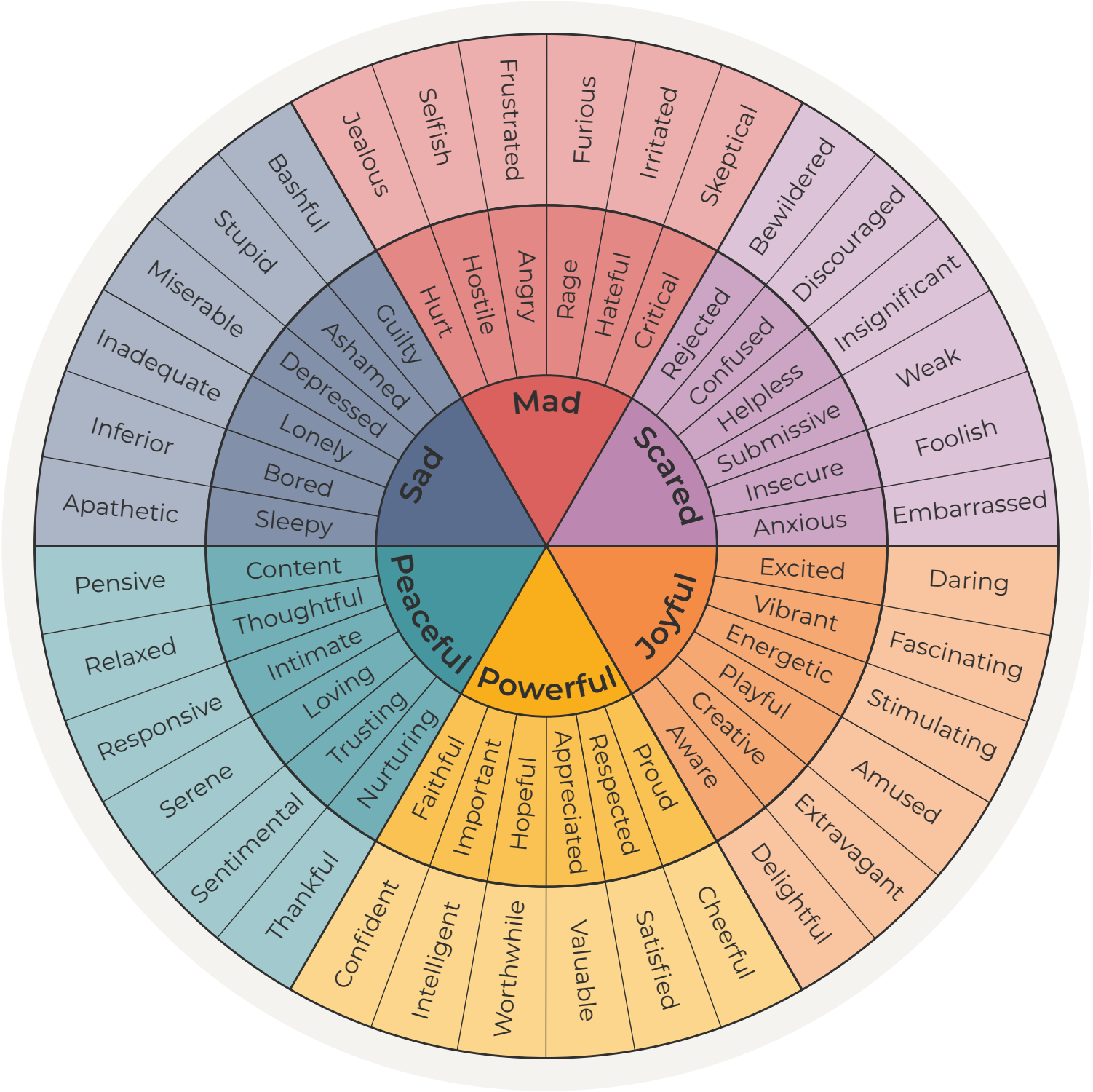
The Feeling Wheel



The Gottman Institute

Developed by Dr. Gloria Willcox