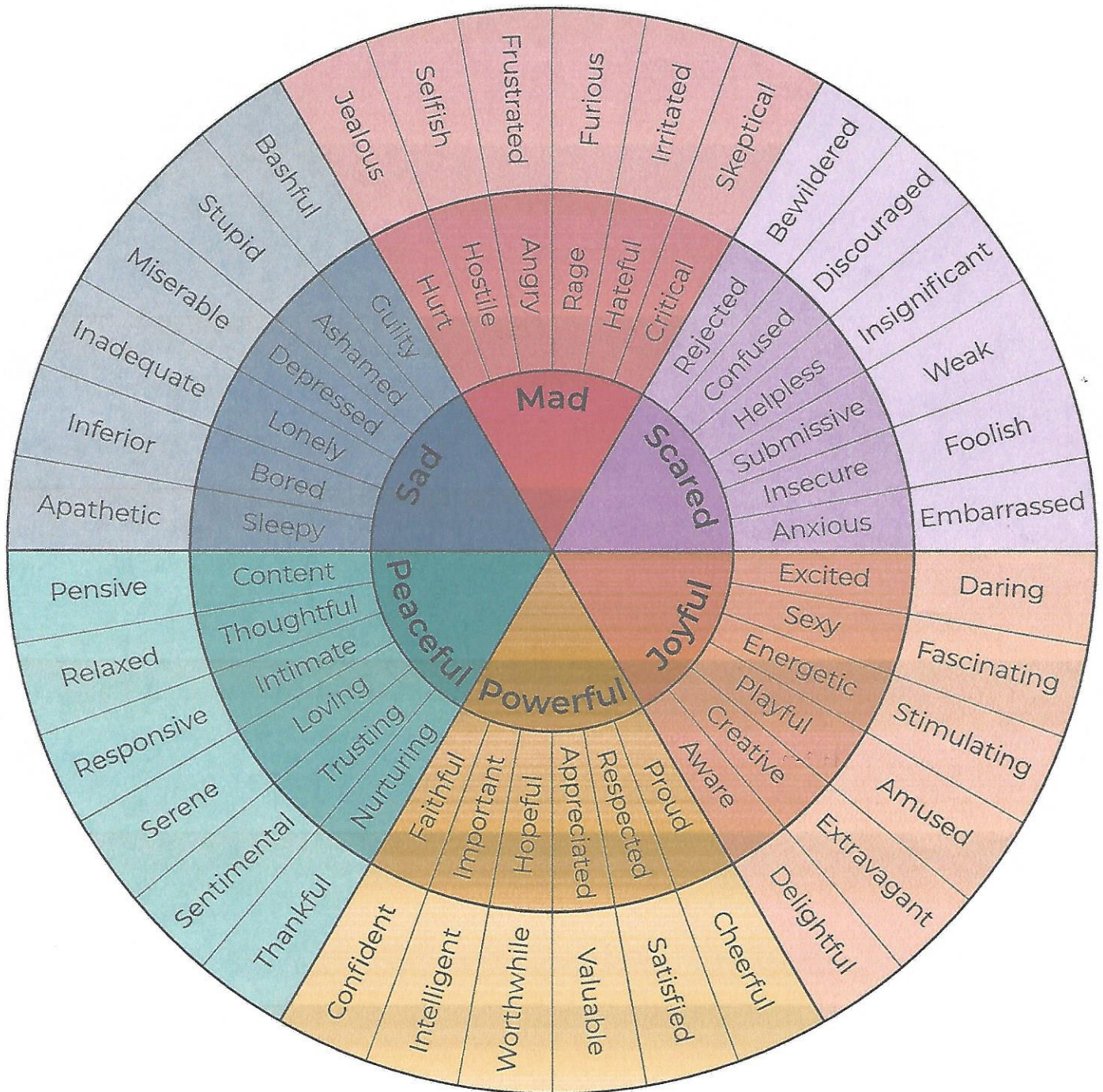


The Feeling Wheel



The Gottman Institute
Developed by Dr. Gloria Willcox