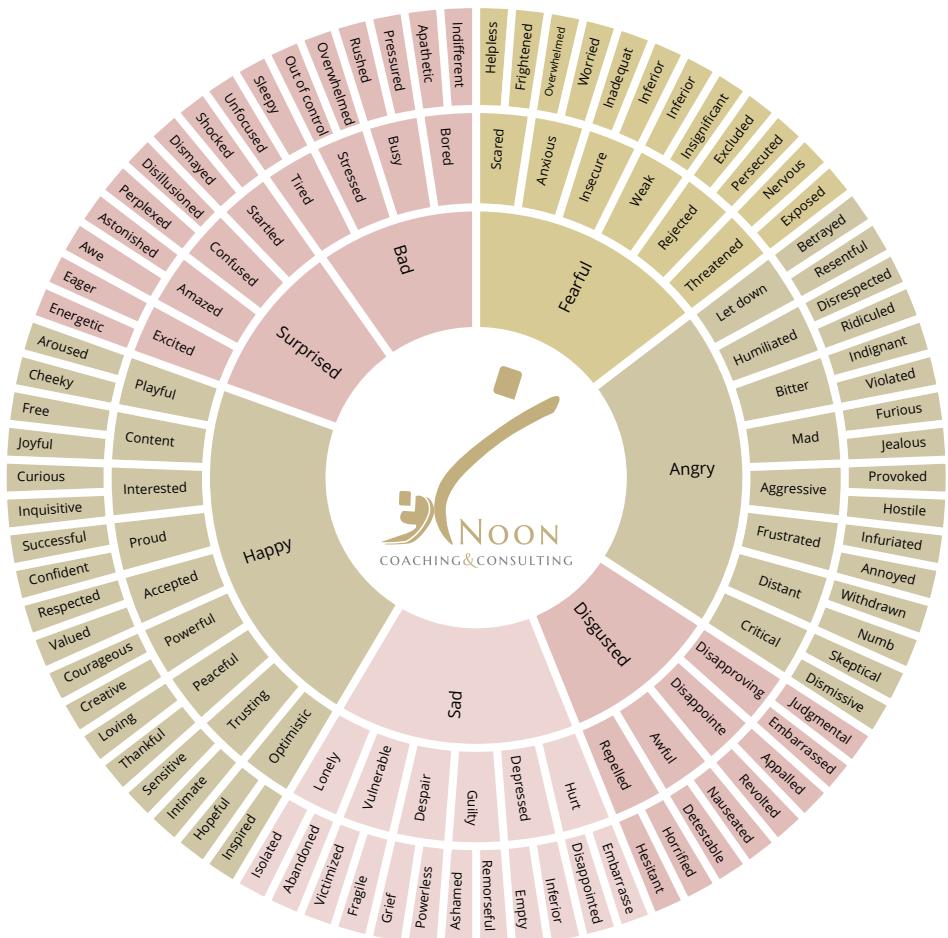


The Emotions Wheel, is designed to help us put the right words to the emotions we are having.

Look at the wheel, work your way from the inside out.
Find what best matches to your emotions.



By Robert Plutchik