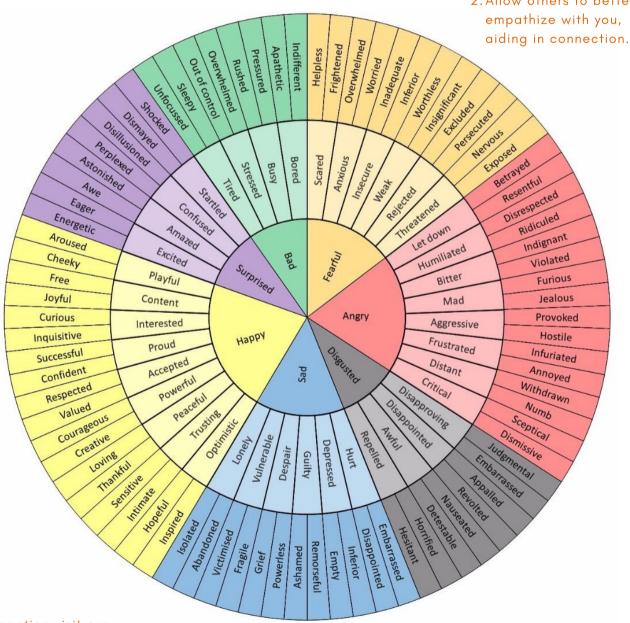


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## WHAT WILL THIS WHEEL DO?

- 1. Recognize the WHY of the feeling.
- 2. Allow others to better empathize with you,



For more explanation visit our website true-connections.org and watch the video about growing your emotional vocabulary.