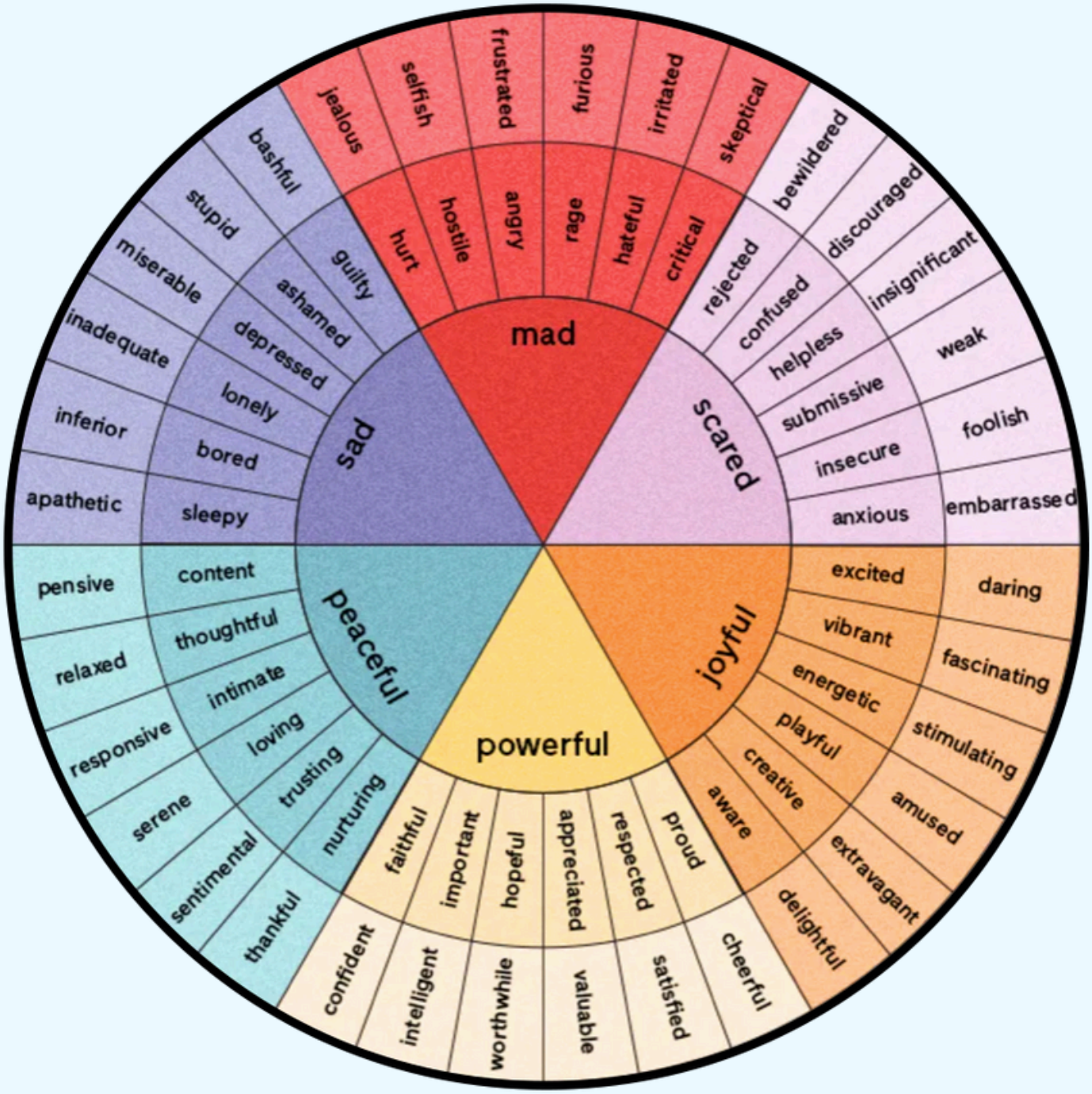
Emotion wheel

What emotion are you experiencing?

We all feel a range of emotions. Emotions are not “good” or “bad.” We experience these in different intensities and the first step is to name the emotion we are feeling.



komodo