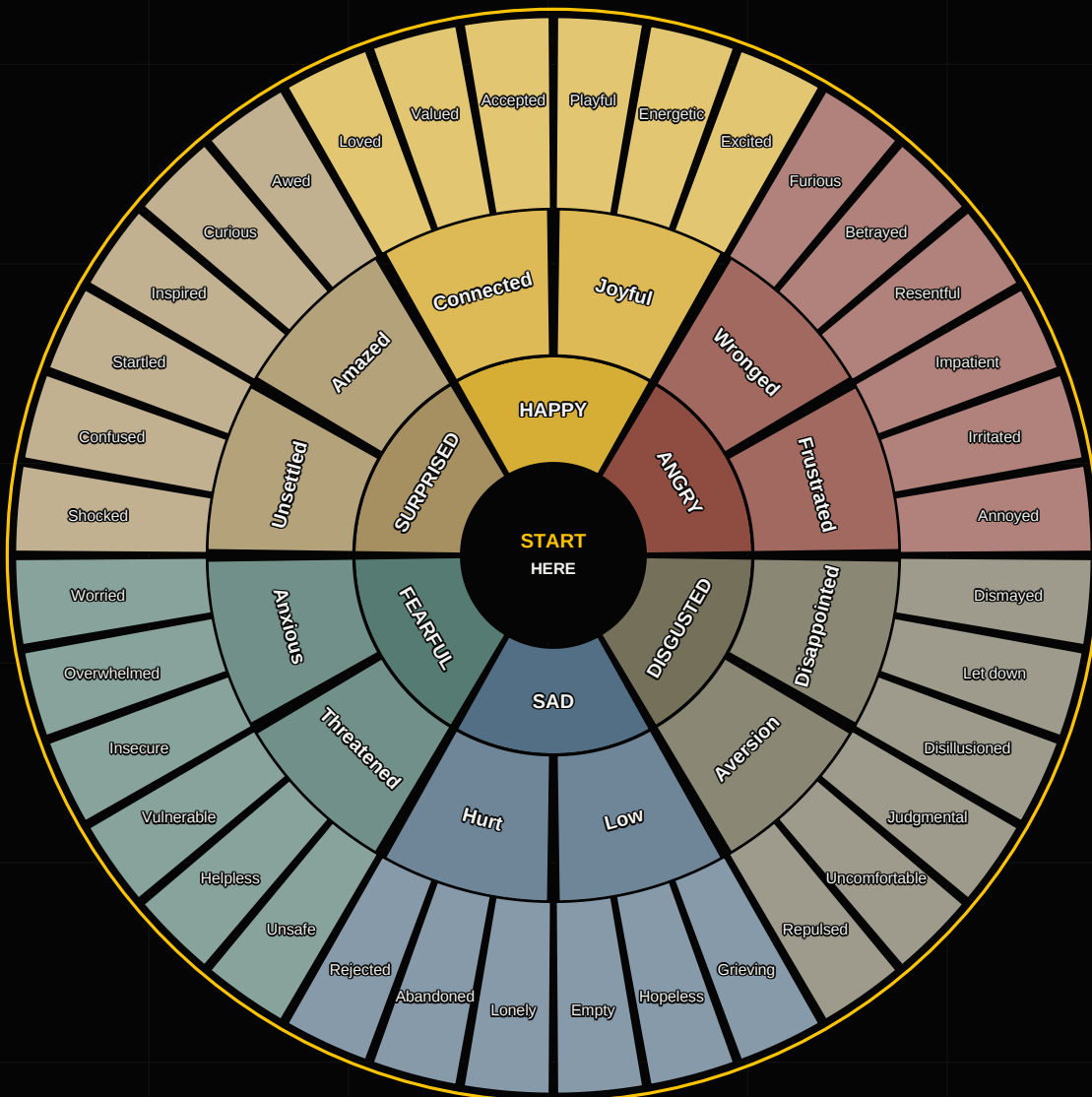


NAME WHAT YOU'RE FEELING. THEN GET SPECIFIC.

The first word is a category. Keep moving outward until the word feels accurate.



USE THE WHEEL

01 FIND THE FAMILY

Choose the closest core emotion.

Specific emotions give you better information about what needs to happen next.

02 MOVE OUTWARD

Notice which word gets closer.

03 NAME IT PRECISELY

Use the word that actually fits.