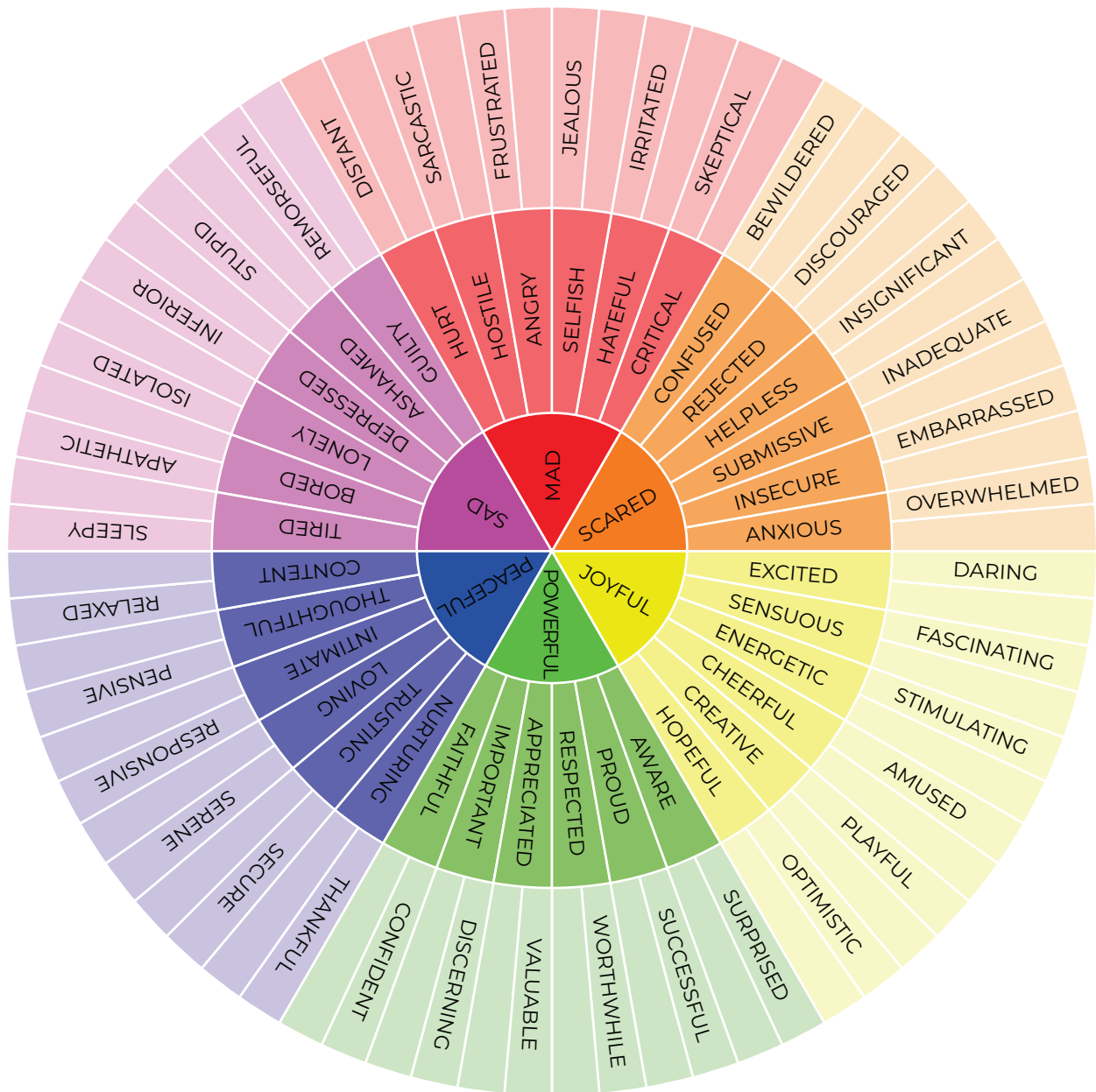


# THE FEELING WHEEL<sup>1</sup>



<sup>1</sup> Willcox, G. (1982). The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy. *Transactional Analysis Journal*, 12(4), 274–276.