



EMOTIONAL WHEEL

S3-020

EMOTIONAL AWARENESS

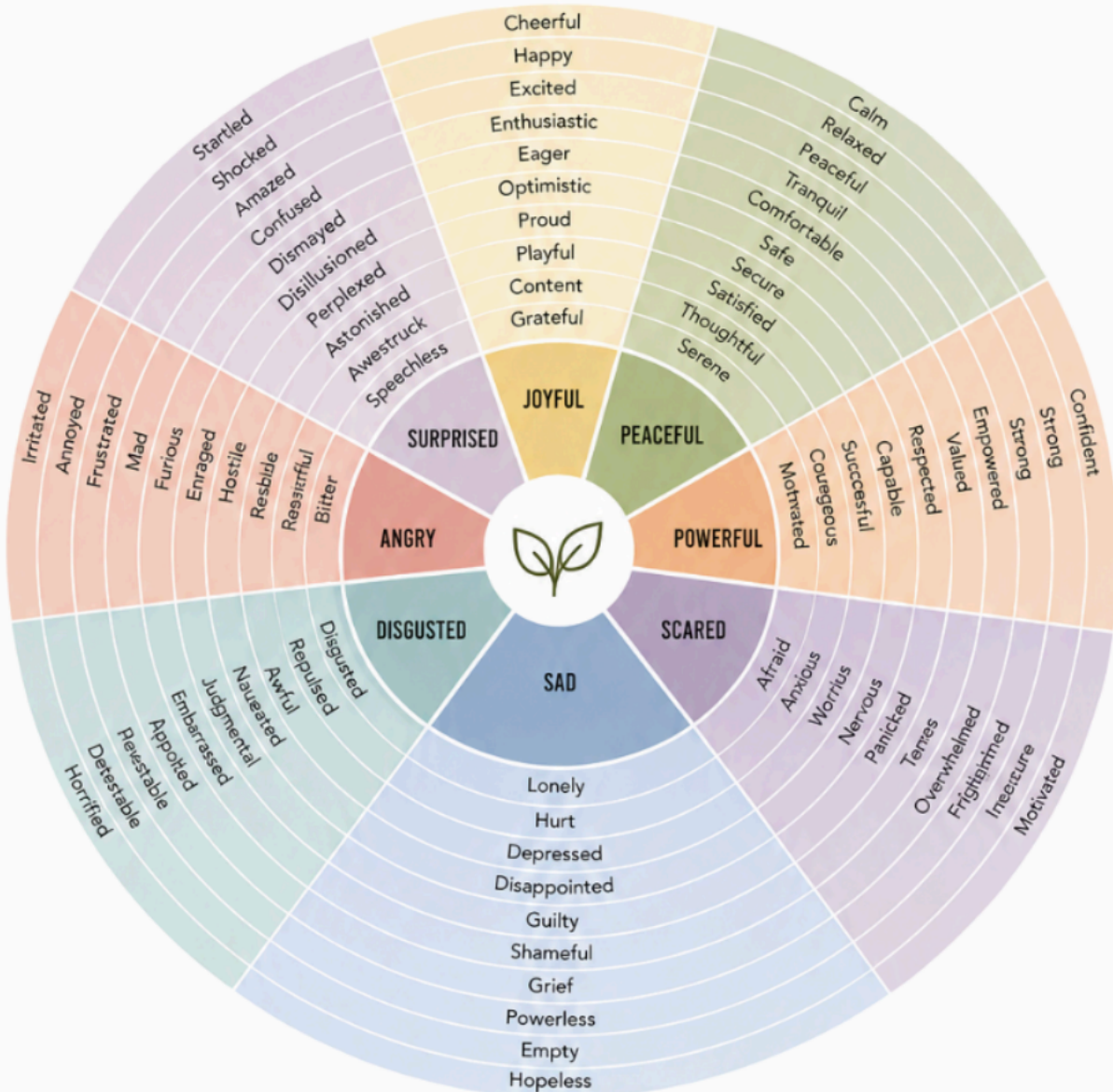
CLIENT NAME: _____

DATE: _____

SESSION: _____



Circle the emotion(s) that best describe how you are feeling right now.



What is happening that contributes to these feelings? _____



What do you need right now? _____



One small step you can take. _____