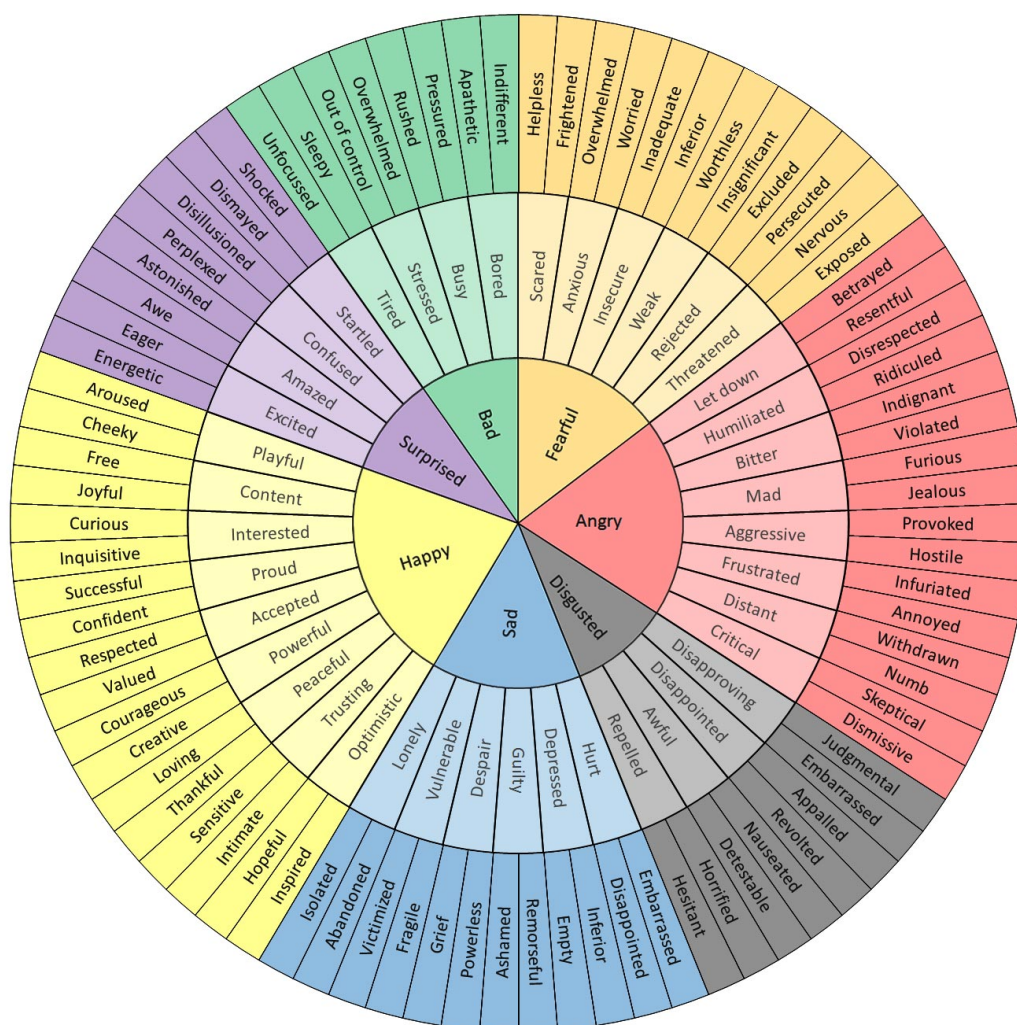


WHEEL OF EMOTIONS

The "Wheel of Emotions" is a visual tool used to help individuals identify and categorize their emotions. It typically consists of a circle divided into segments or sections, each representing a different emotion. This tool can be useful for emotional awareness, self-reflection, and communication. It allows people to pinpoint and label their feelings more accurately.

The emotion wheel typically includes basic emotions in the inner circle, such as happiness, sadness, anger, fear, disgust, and surprise. The outer circle may contain more nuanced or complex emotions related to the basic ones. For example, "joy" might be associated with happiness, "anxiety" with fear, or "regret" with sadness.

The wheel helps individuals explore their emotional landscape, understand the subtle differences between related emotions, and communicate their feelings more precisely.



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