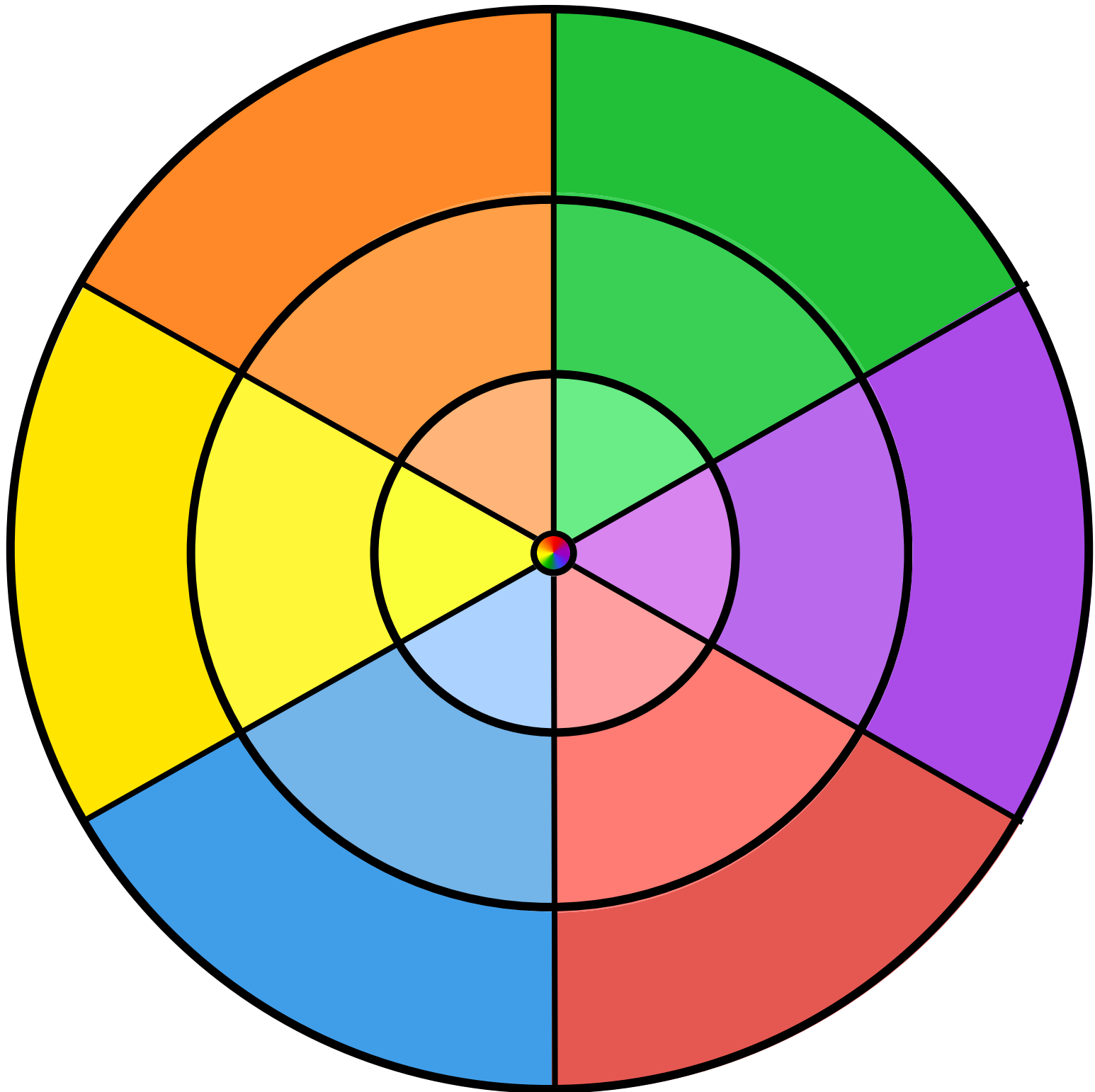


## Create Your Own Feelings Wheel with Coping Tools



### Instructions:

1. Start by placing the main feeling you're experiencing in the small circle.
2. In the middle circle, write down any triggers that lead to that feeling.
3. In the largest circle, list the coping tools you can use to help manage that feeling.

✨ Remember, understanding your feelings is the first step to managing them. ✨  
You've got this!