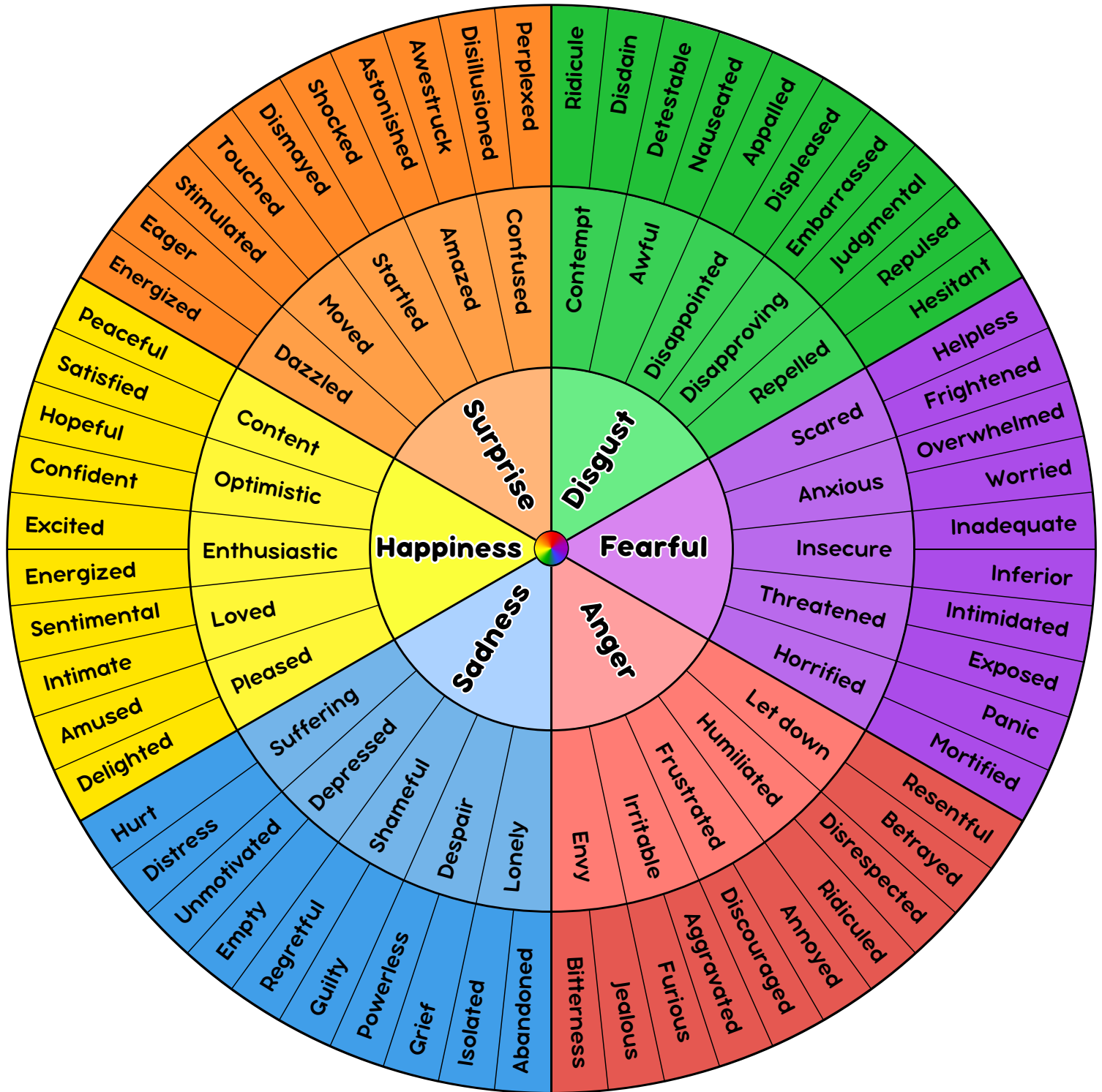




Feelings Wheel: Explore Your Emotions



✨ It's OK to have BIG feelings. It's what you do with them that matters. ✨

Dr. Missy Klein, LPC