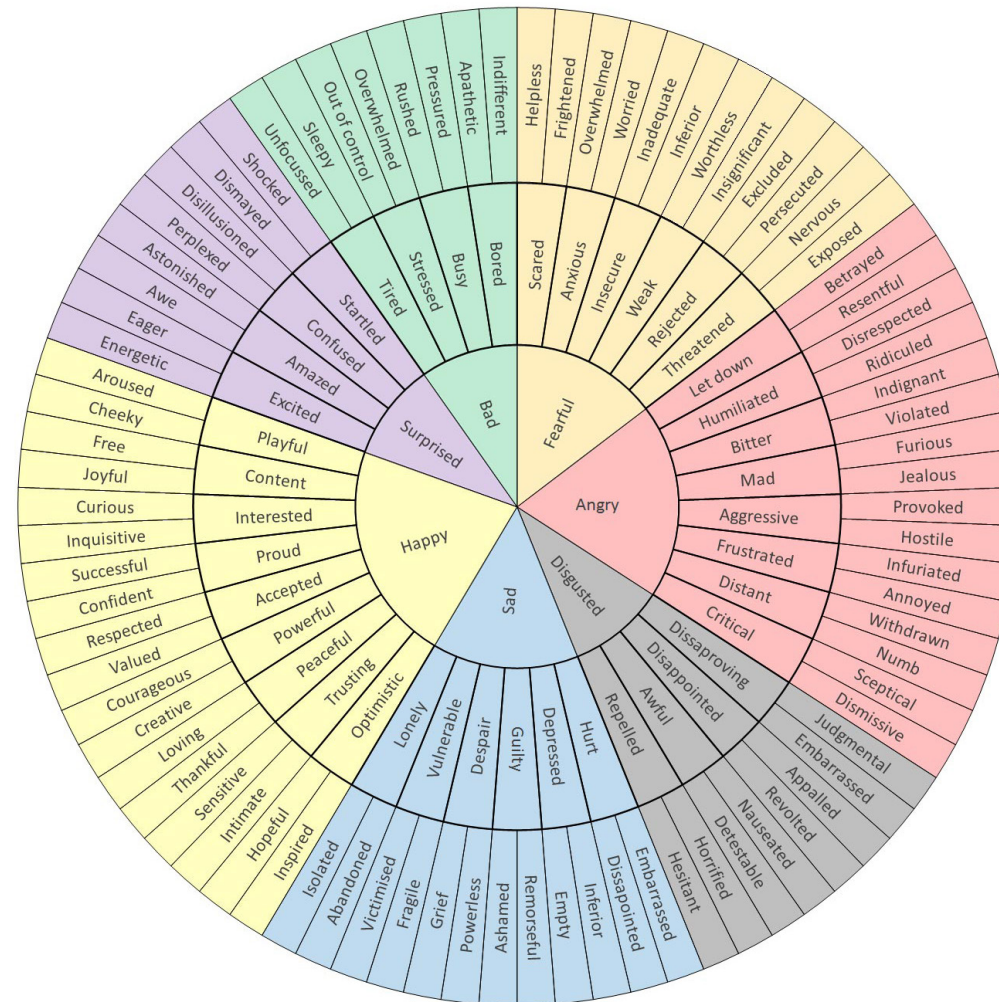


Exercise 39 – Wheel of Emotions

Use the “Wheel of Emotions” to identify strong emotions or feelings that you have struggled with. Outline the associated thoughts and behaviours using the table on the next page:



Strong Feelings	Thoughts / Beliefs	Unhelpful Behaviours