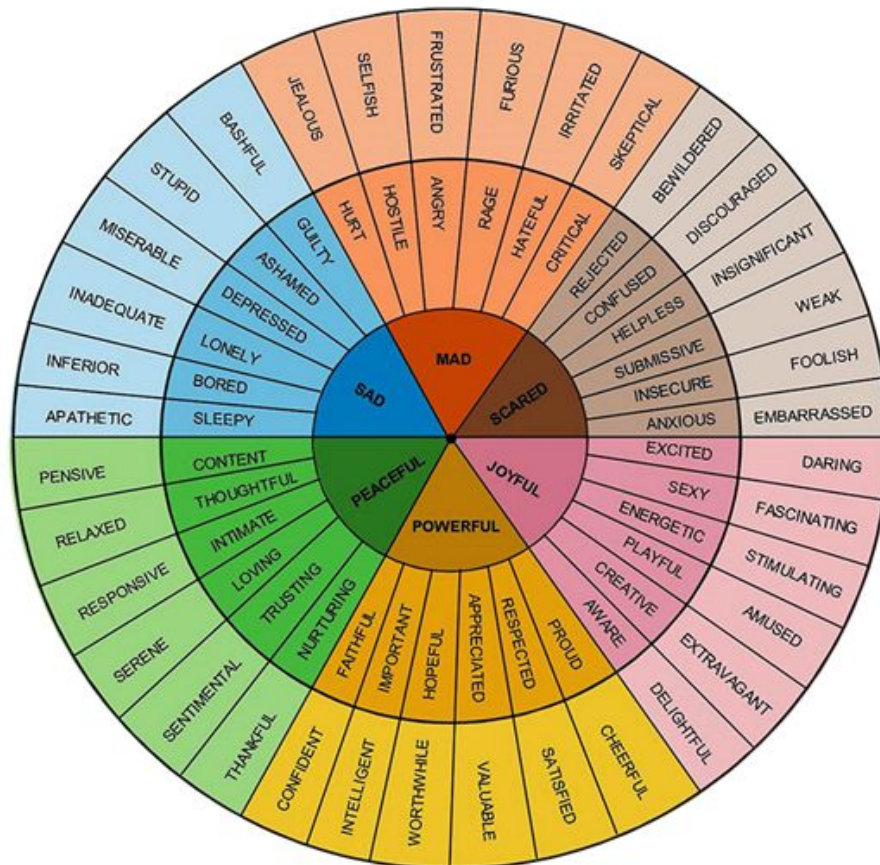


Put Words To Your Emotions



Willcox, G. (1982). The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy. *Transactional Analysis Journal*, 12(4), 274–276. <https://doi.org/10.1177/036215378201200411>