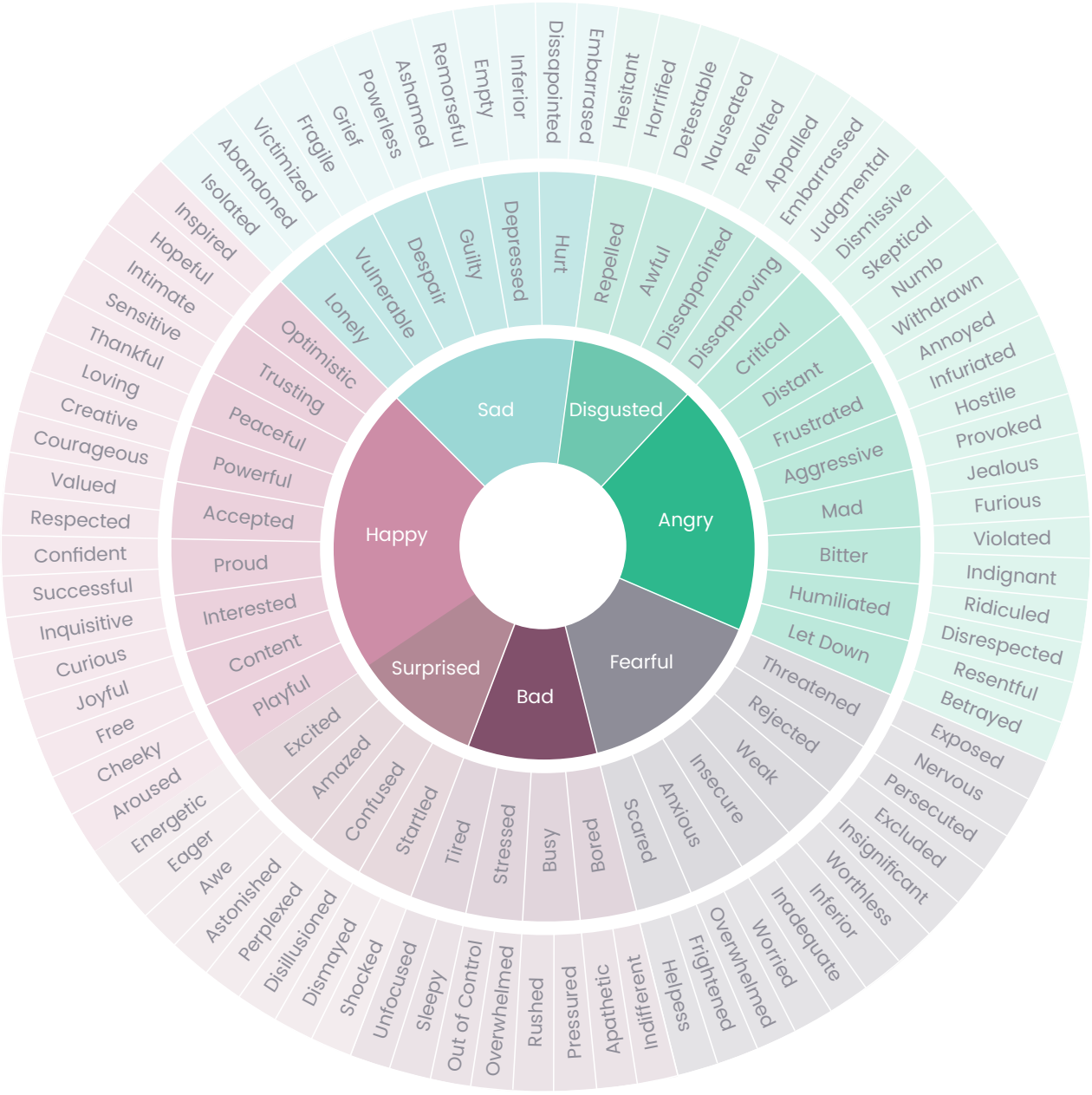
APPENDIX

Feelings Wheel



Sad · Disgusted · Angry · Fearful · Bad · Surprised · Happy

ERIKA ALESSANDRINI *certified coach*