Gottman Feelings Wheel

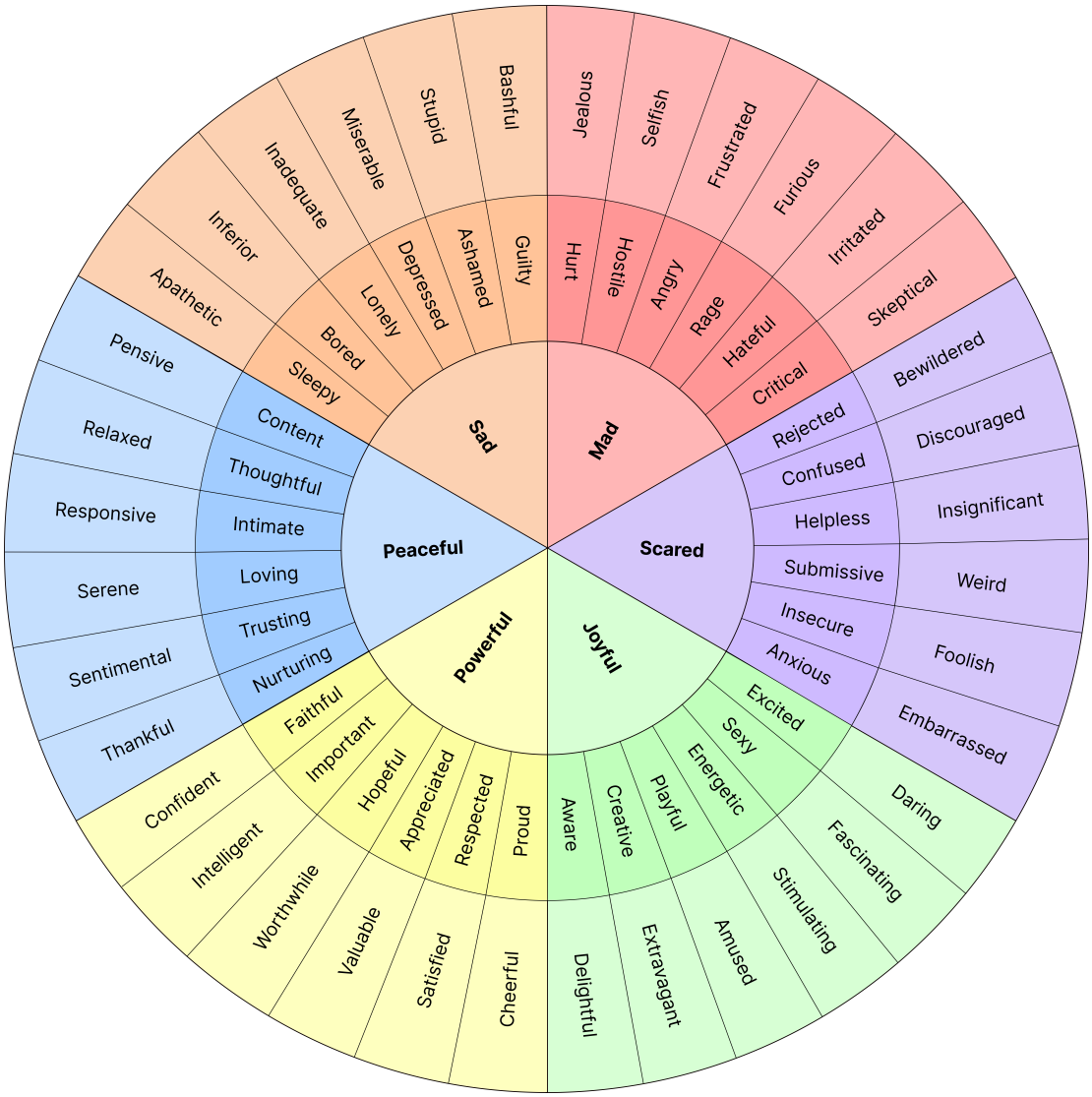
Date: December 21, 2023

Patient's Name: Jane Doe

Date of Birth: January 1, 1995 **Gender:** Female

Medical History (if needed): -

Referring Physician: John Doe



Notes:

After breaking up with my boyfriend of three years I feel a mix of embarrased, discouraged, frustrated, and miserable.