

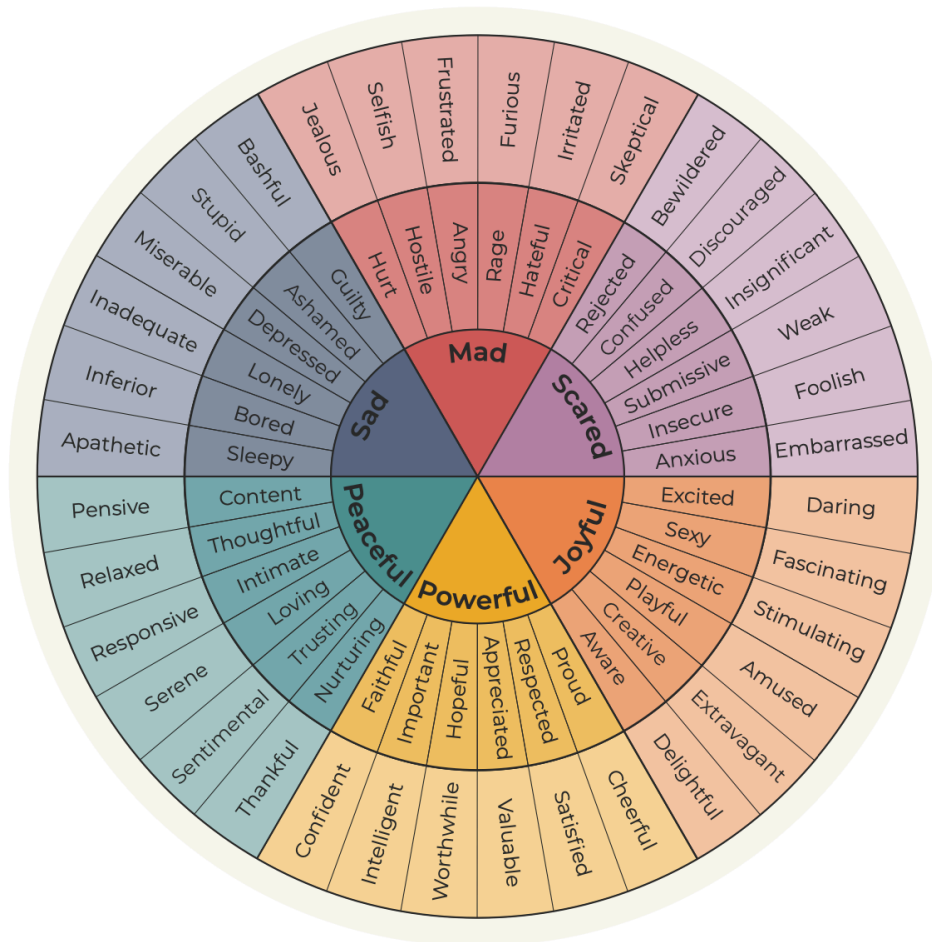
# Gottman Feelings Wheel

Name:

Date:

Age:

Gender:



Notes:

## Reference:

*The Feeling Wheel*. (n.d.). [https://www.uwlax.edu/globalassets/offices-services/counseling/other-media/the-gottman-institute\\_the-feeling-wheel.pdf](https://www.uwlax.edu/globalassets/offices-services/counseling/other-media/the-gottman-institute_the-feeling-wheel.pdf)