## **Gottman Feelings Wheel**

Name:	Date:
Age:	Gender:
Inferior Apathetic Pensive Content Thoughtful Thoughtful Relaxed Intimate I	Submissive Foolish  Foolish  Foolish  Embarrassed  Anxious Embarrassed  Excited Daring  Sexty  Fascings:
Notes:	

## Reference:

The Feeling Wheel. (n.d.). <a href="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</a>