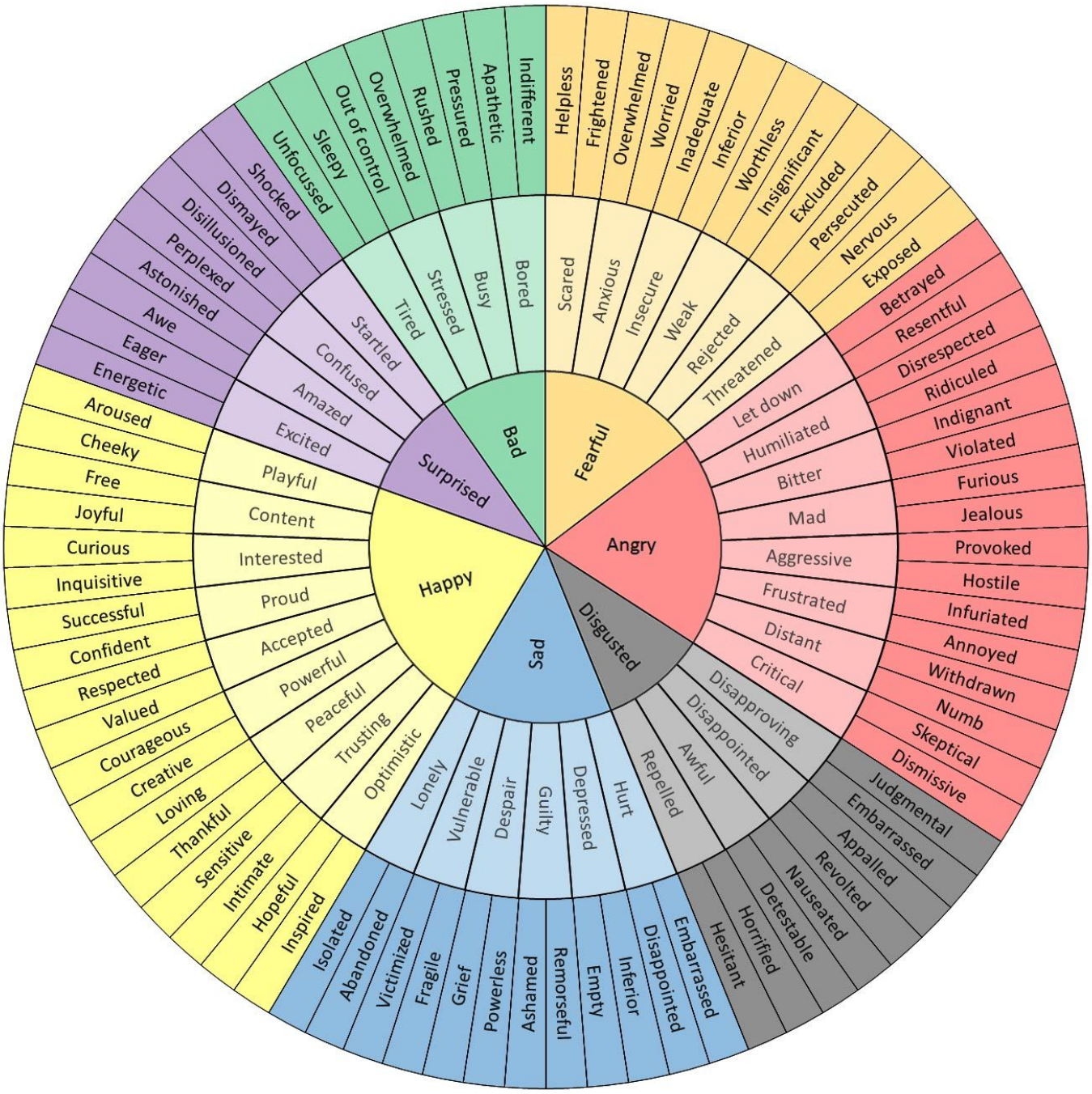
Collaborative Care Treatment

Feelings Wheel

NEUROFLOW®



Reference: 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