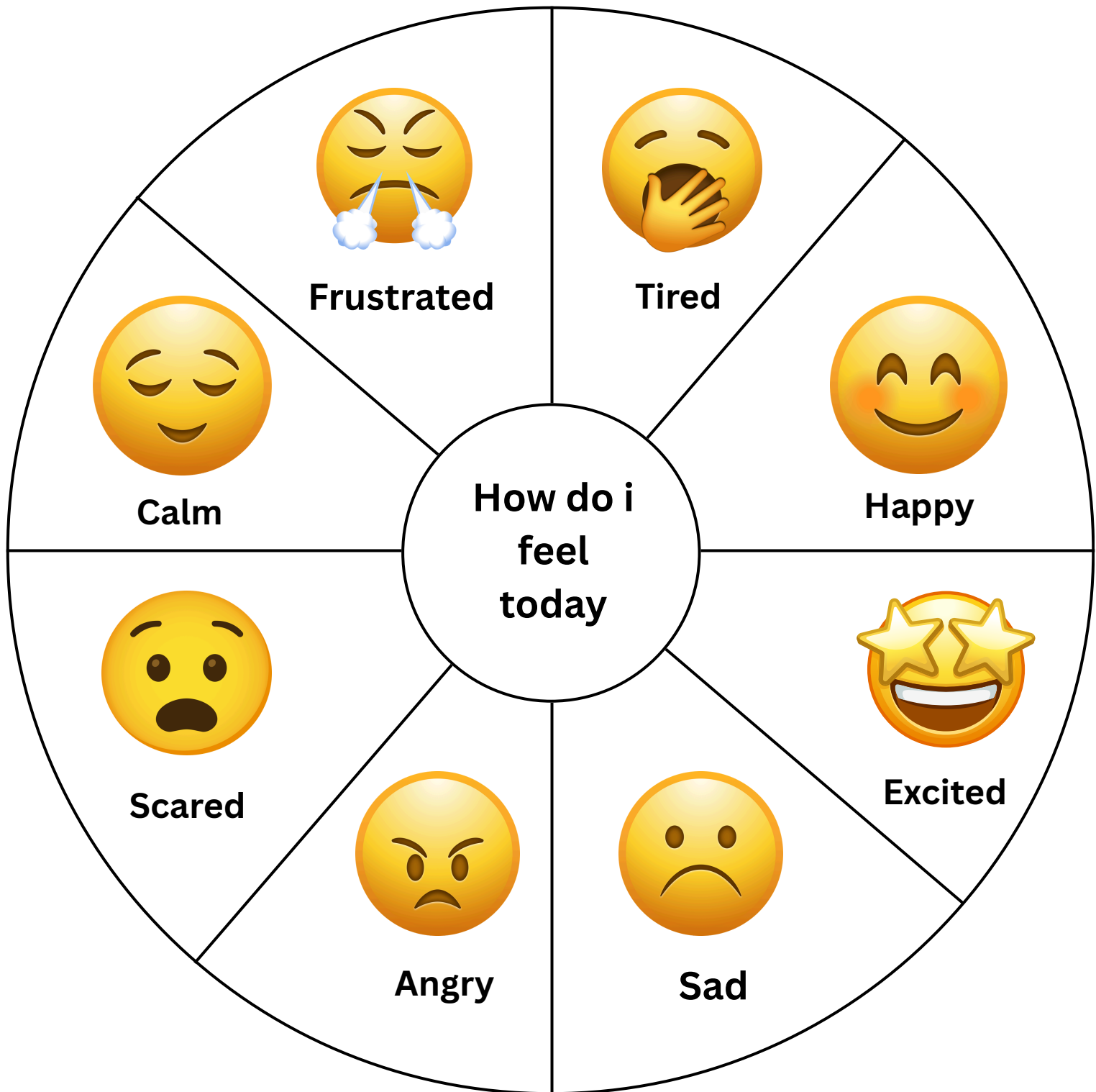


Feelings Check-In Wheel

Emotional Regulation



Today i feel:
