Kidest OM

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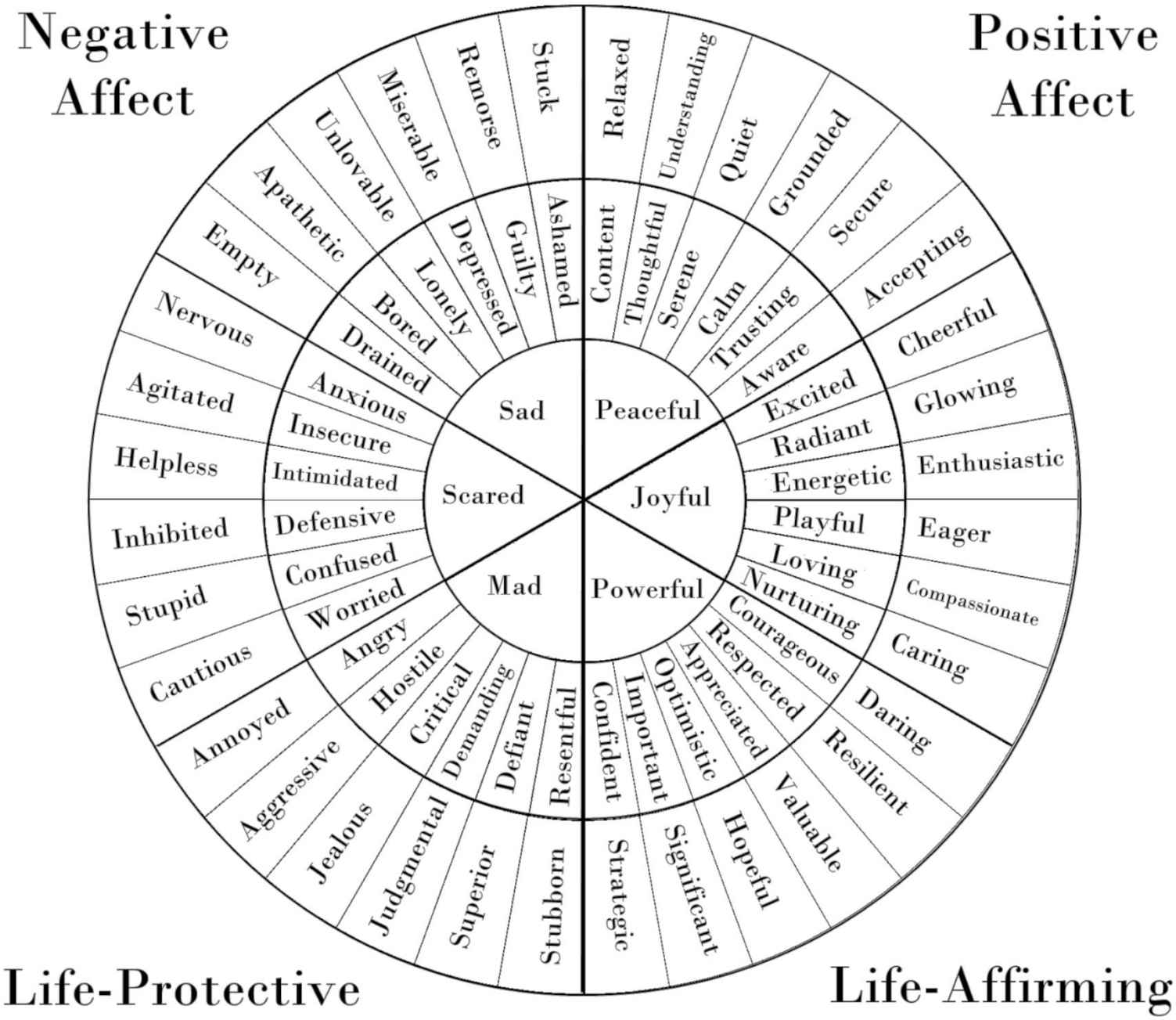
TOOLS – EMOTIONS WHEEL

You can use the following emotions wheel to help you identify and name the specific emotion you're experiencing. By identifying and naming the emotion you've brought it into conscious awareness to process or release it.



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