## **HOW TO LOSE WEIGHT FOR THE LAST TIME**

## **Feeling Wheel**

Sometimes it can be hard to know what we're feeling. Use this Feeling Wheel to help you pinpoint the feelings you're experiencing. The easiest place to start is at the center of the wheel where you'll find the six "primary feelings" – anger, disgust, sad, happy, surprise, and fear. After choosing the primary feeling that fits best, work your way outward on the circle to see if you can identify more specific feelings.

