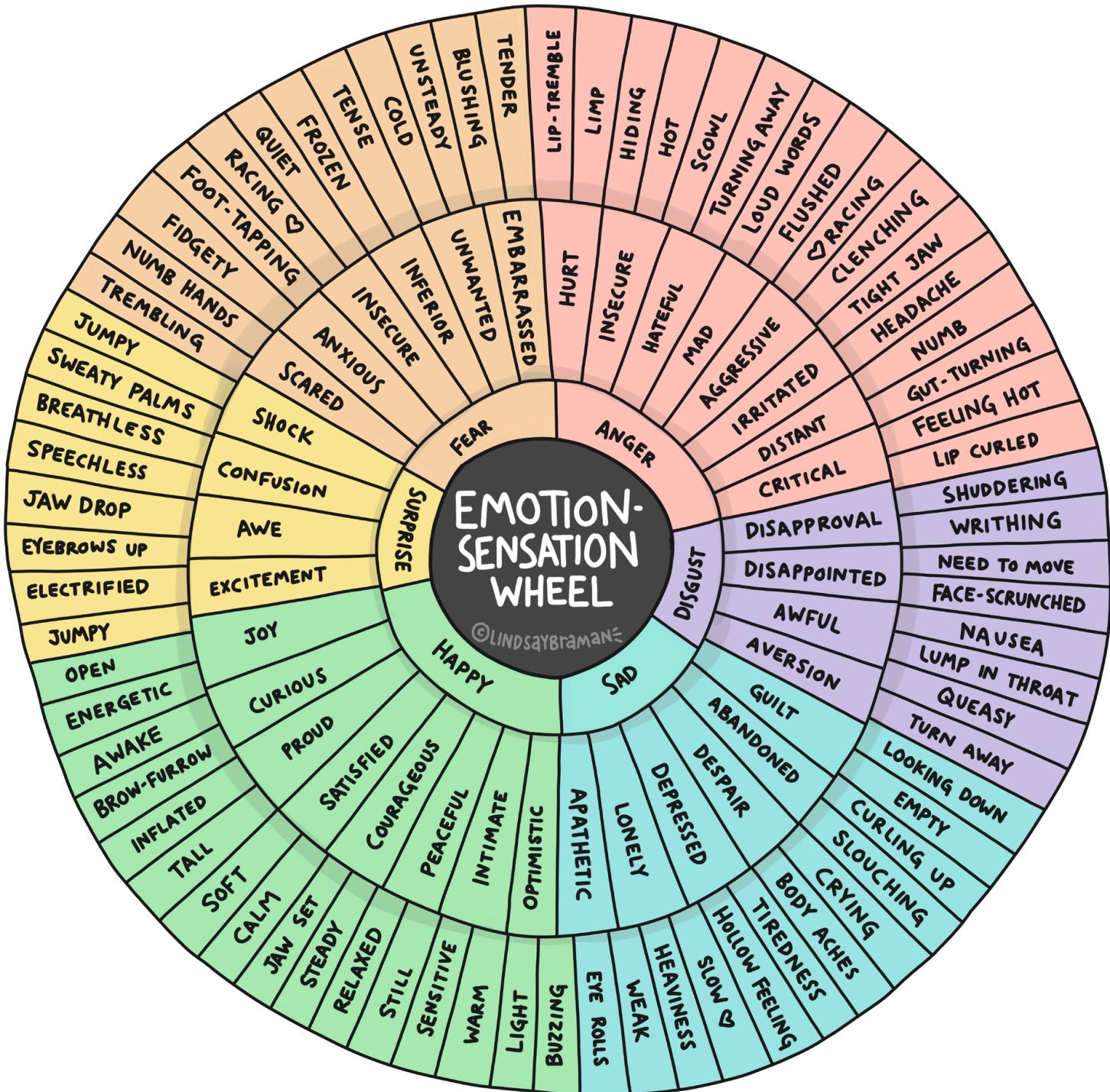


# EMOTION-SENSATION WHEEL

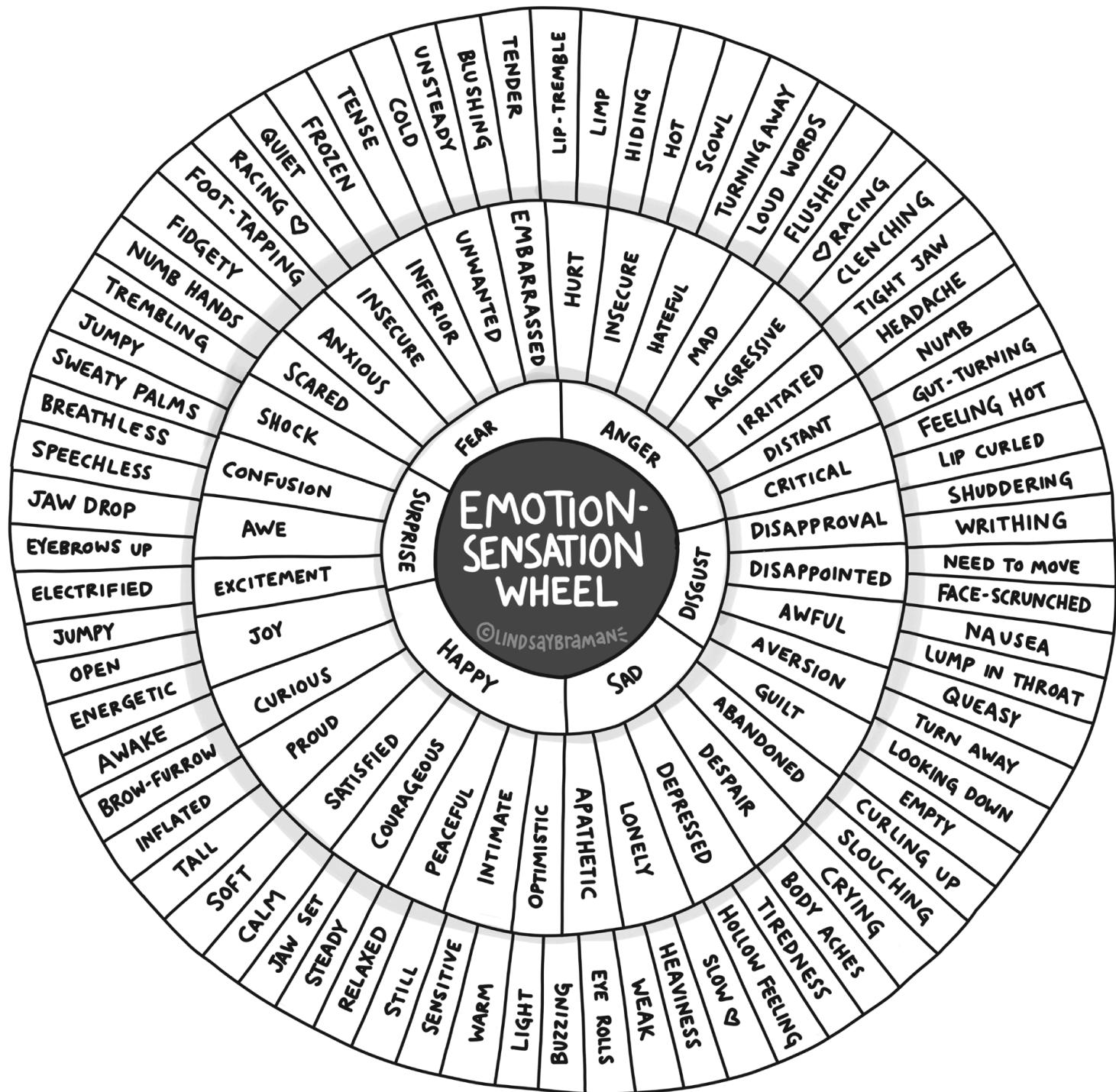
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# EMOTION-SENSATION WHEEL

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## FEELINGS MONITORING FORM

Build your awareness of the patterns in your feelings and work towards developing new coping strategies

Triggering Situation	Feeling	Intensity (0-100)	Thoughts	Behavior	Intensity (0-100)	Effective?
s						