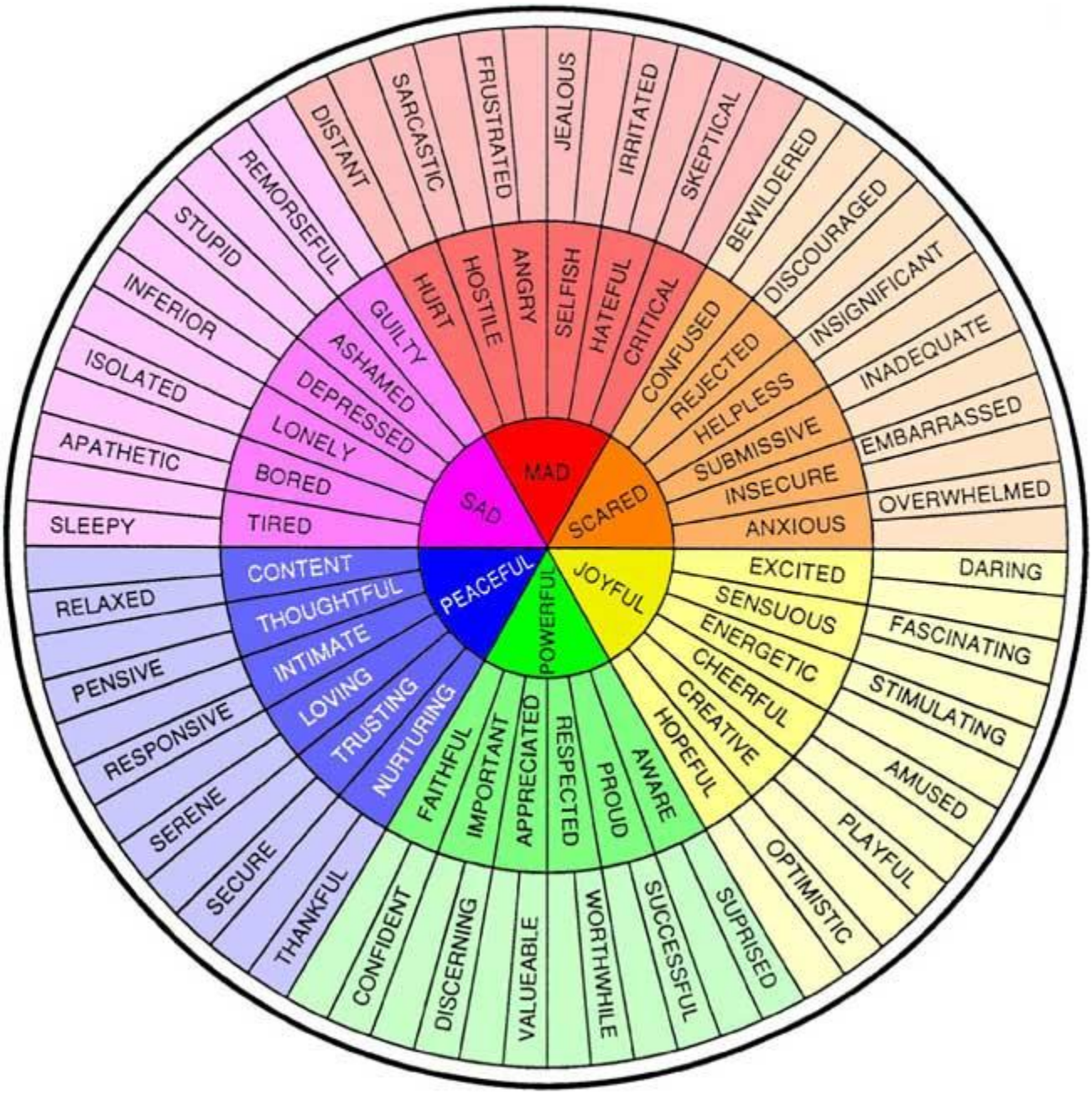FEELINGS WHEEL © Dr. Gloria Willcox