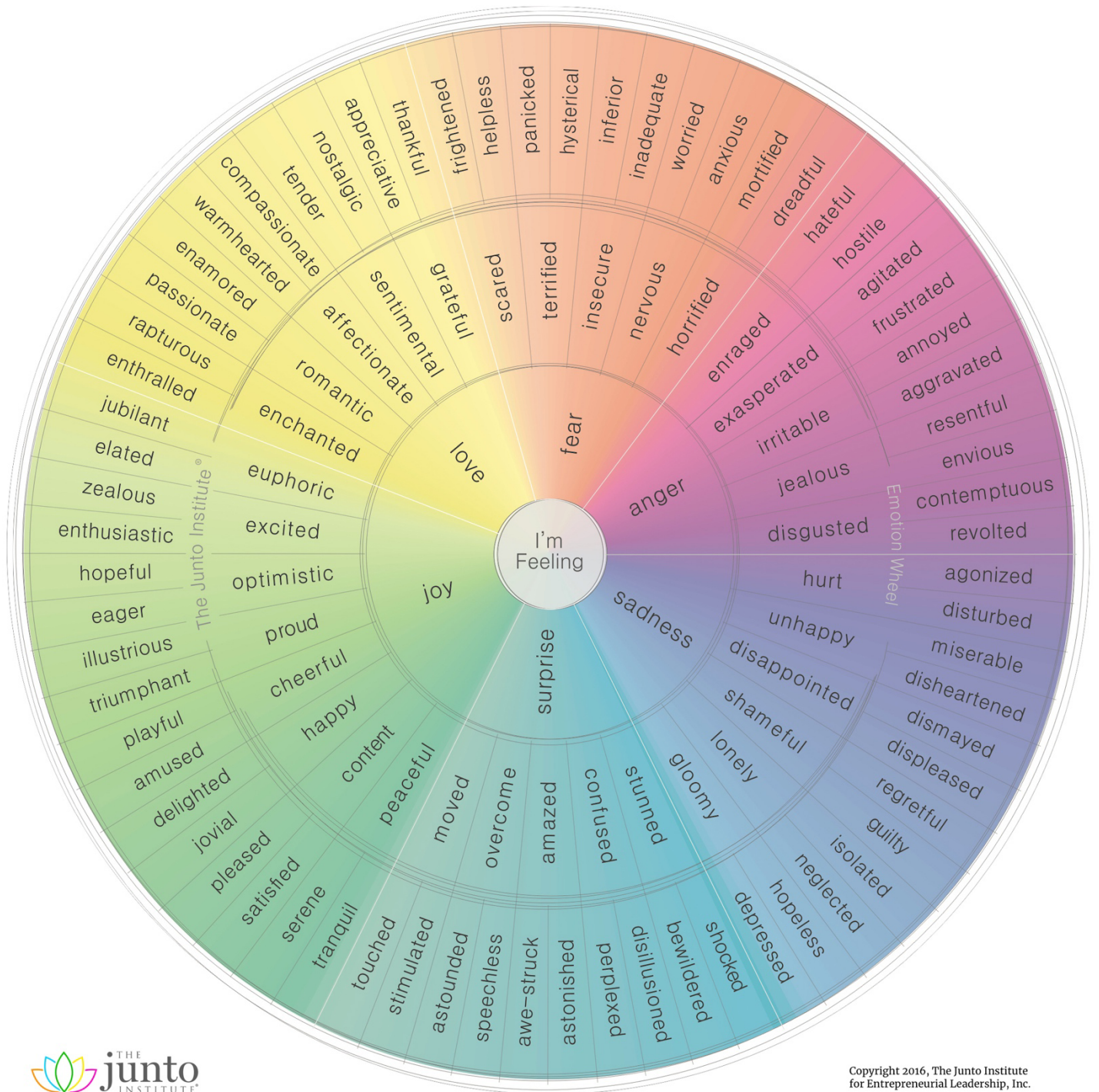


Emotions Wheel



Based on: Women's College Hospital DBT Materials and Miller, Rathus, Landsman (1999). Adapted from Marsha M. Linehan's Skills Training Manual for Treating Borderline Personality Disorder, Guildford Press, 1993.