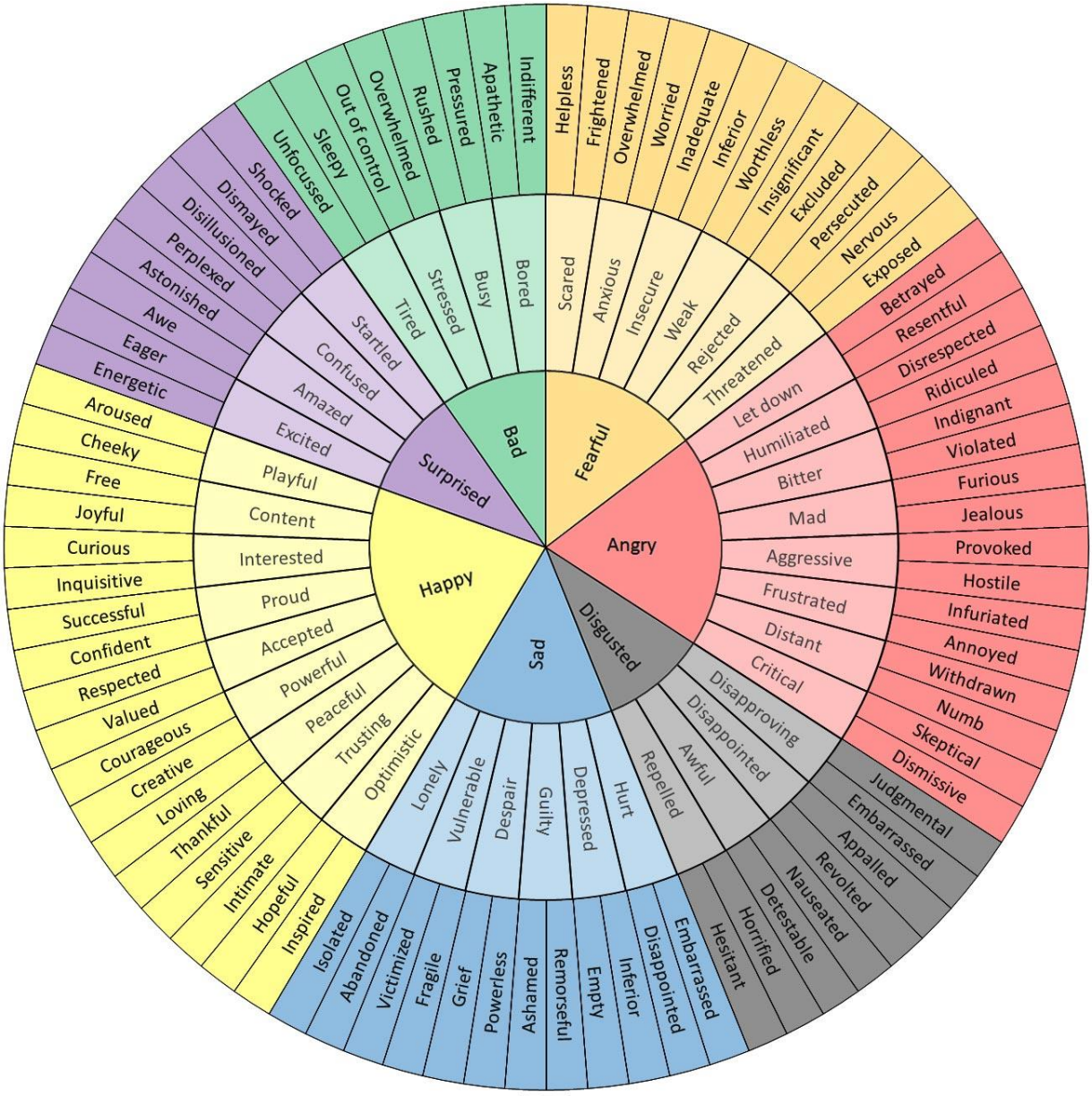
Cohesion
Life Coaching

FEELINGS WHEEL



“The limits of my language mean the limits of my world.”
Ludwig Wittgenstein, 20th-century philosopher

A feeling fully felt finally fades
You can ignore it, but that won’t make it go away

“When you ___, I feel ___, because ___.”