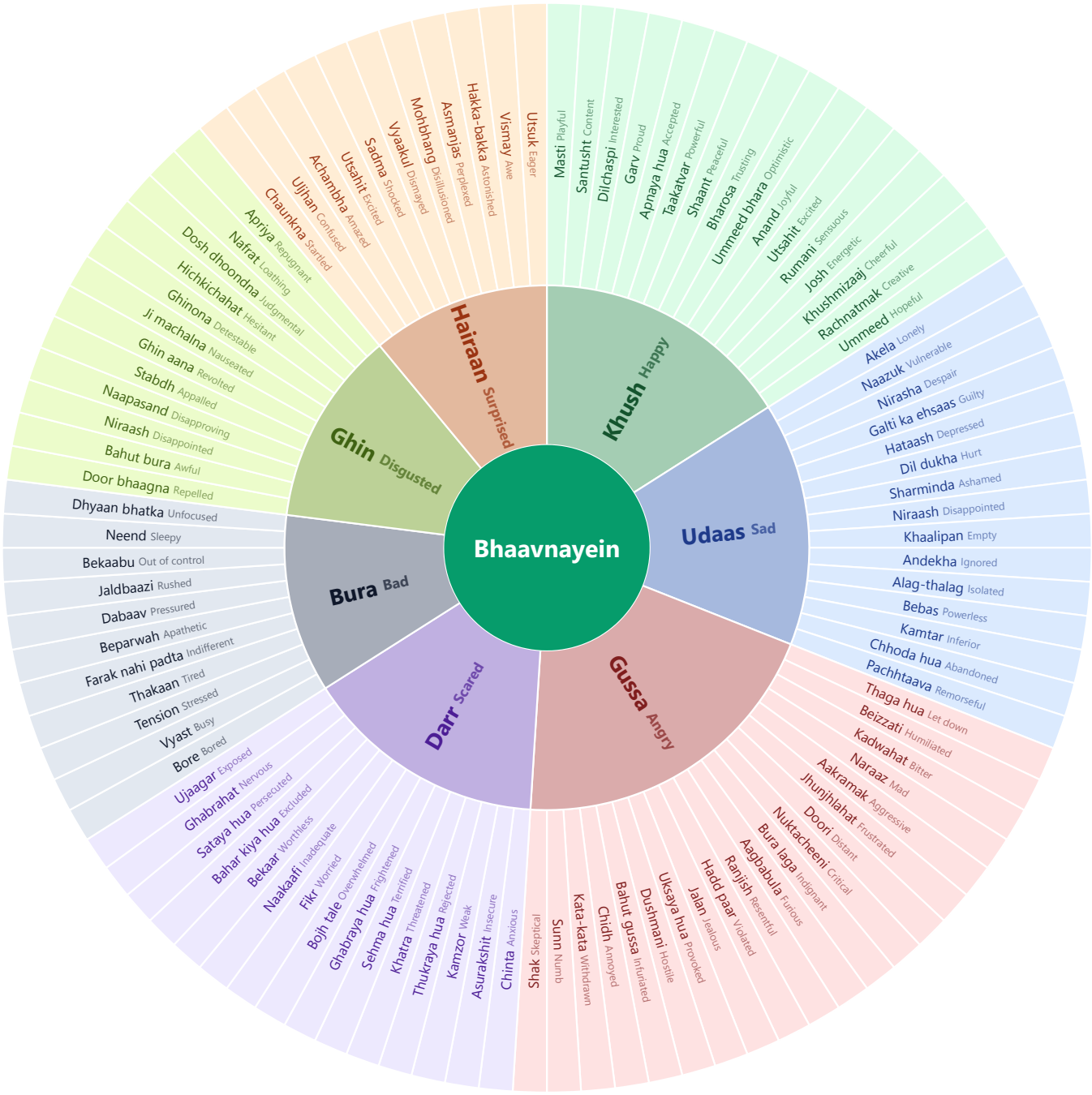
# Emotion Wheel in Hinglish Bhaavnaon ka Pahiya

Apni feelings ko pehchaanne aur naam dene ke liye ek free feelings wheel




1. Beech wale ghere se shuru karein aur woh feeling chunein jo abhi sabse sahi lage.
2. Bahar ki taraf badhein aur uske neeche chhupi zyada sahi feeling dhoondhein.
3. Use naam dein, bolkar ya likhkar. Feeling ko naam dene se use sambhaalna aasaan hota hai.

Free interactive tool try karein, jo har feeling ke peeche ki zaroorat aur madad ke tareeke bhi batata hai:
**therapybyaditya.in/decode-your-emotions**

**Therapy By Aditya**
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