

# Feeling Pie

---

A pie chart can help you visualize how you feel in different situations. The circle represents you. Color a slice of pie to represent how much of each feeling you are experiencing before your session and then after your session. What emotions do you feel before your sessions? Which emotion is the largest piece of the pie (e.g., happy, worried, sad, angry, etc.)? What emotion do you feel the most at the end of a session? Make that emotion your larger piece of the pie.

