

**HOW TO USE:** Start from the inner wheel and work your way outward.

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- This circular diagram illustrates 100 emotions, organized into five main categories around a central white circle. Each category is represented by a different color and contains a set of related emotions in the outer ring.
- Happy (Orange):** Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Helpless, Frightened, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Humiliated, Let Down, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely, Trusting, Peaceful, Powerful, Accepted, Proud, Interested, Content, Playful.
  - Sad (Dark Blue):** Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Critical, Distant, Frustrated, Mad, Bitter, Humiliated, Let Down, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Tired, Stressed, Surprised, Amazed, Confused, Startled, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Helpless, Frightened, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Humiliated, Let Down, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely.
  - Angry (Red):** Disappointed, Disapproving, Critical, Distant, Frustrated, Mad, Bitter, Humiliated, Let Down, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Tired, Stressed, Surprised, Amazed, Confused, Startled, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Helpless, Frightened, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Humiliated, Let Down, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely.
  - Fearful (Pink):** Disappointed, Disapproving, Critical, Distant, Frustrated, Mad, Bitter, Humiliated, Let Down, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Tired, Stressed, Surprised, Amazed, Confused, Startled, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Helpless, Frightened, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Humiliated, Let Down, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely.
  - Surprised (Green):** Disappointed, Disapproving, Critical, Distant, Frustrated, Mad, Bitter, Humiliated, Let Down, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Tired, Stressed, Surprised, Amazed, Confused, Startled, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Helpless, Frightened, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Humiliated, Let Down, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Awful, Repelled, Hurt, Depressed, Guilty, Despair, Vulnerable, Lonely.

**Source:** Feelings Wheel by Geoffrey Roberts