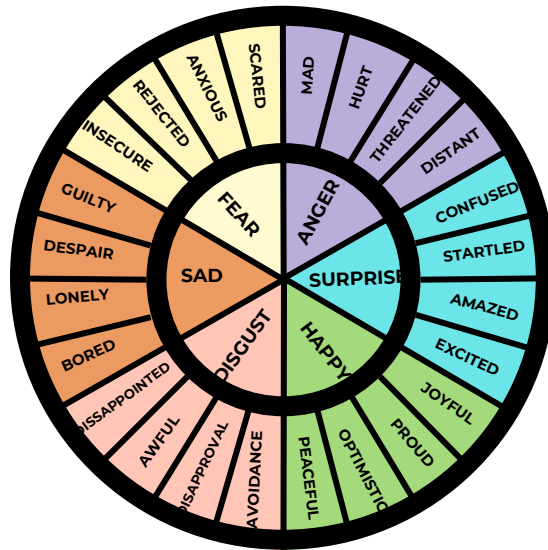


Emotions Wheel



The Emotions Wheel is a powerful tool designed to help individuals understand and articulate their feelings more precisely. The wheel is a visual representation of the spectrum and complexity of human emotions.

At its core, the Emotions Wheel acknowledges that while we may have basic emotions, the human experience is much richer and more complex.

By recognizing and naming these emotions, we can better understand ourselves, manage our emotional responses, and communicate our feelings more effectively with others.

Emotions Wheel Instructions

Using the Emotions Wheel is a straightforward process that can greatly enhance your emotional awareness and communication. Here are step-by-step instructions on how to utilize this tool effectively:

Step 1: Identify the Core Emotion

Start at the center of the wheel. This is where the primary emotions are located. These typically include:

- Happiness
- Sadness
- Fear
- Disgust
- Anger
- Surprise

Begin by identifying the core emotion you are feeling. Are you happy? Are you angry? Try to pinpoint the primary emotion that most closely aligns with your current state.

Step 2: Recognize the Intensity

Once you've identified the primary emotion, look at the next layer of the wheel. This layer represents a more intense version of the primary emotions. For example, if you initially identified "anger" as your primary emotion, the next layer might include "fury" or "rage."

Ask yourself how intense your emotion is. Is it a mild feeling, or is it more consuming and intense? This step helps in understanding the strength or subtlety of your feelings.

Step 3: Refine with Secondary Emotions

Move outward to the next layer of the wheel, which shows the secondary emotions. These are more specific and nuanced emotions that arise from blends of primary emotions. For instance, "optimism" might result from a combination of "anticipation" and "joy."

Look at the secondary emotions and identify which one best describes your feelings. This step is about getting more specific and nuanced with your emotional identification.

Emotions Wheel Instructions

Step 4: Acknowledge Tertiary Emotions

Some emotion wheels also include a tertiary layer, which represents even more specific emotions. As you move outward, the emotions become more precise and detailed.

If your emotions wheel includes this layer, see if there's a tertiary emotion that fits your current state even better. This step is about fine-tuning your emotional understanding to the most specific level.

Step 5: Reflect on the Cause

Once you've identified your emotion, take a moment to reflect on what might have caused it. Understanding the trigger can help in processing the emotion and planning how to manage it. Consider the context, recent events, or your own thoughts that might have contributed to this feeling.

Step 6: Use the Information

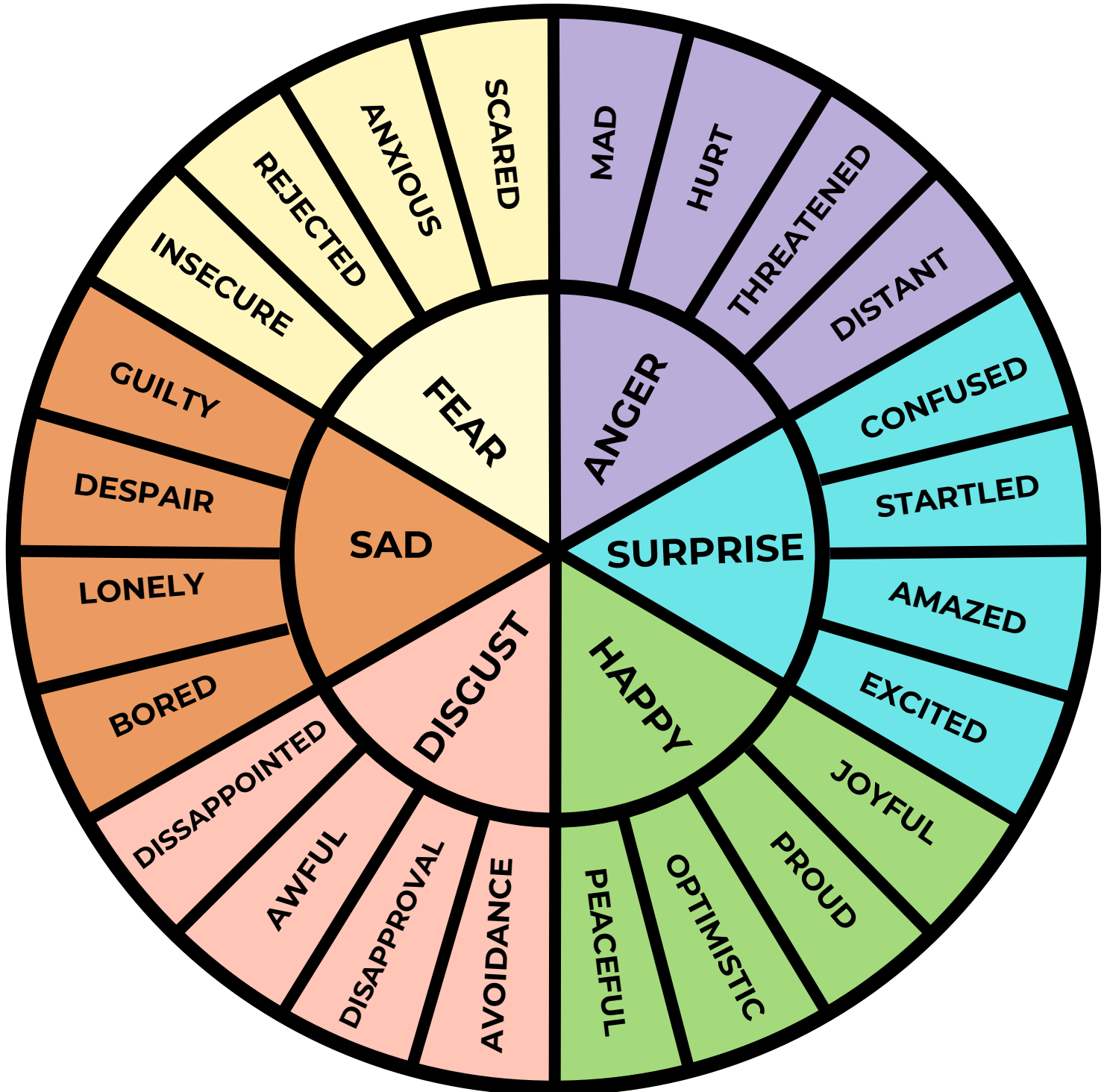
Now that you've identified and understood your emotion, use this information to guide your actions or communicate your feelings to others. If you're feeling something negative, consider what might help you cope or address the cause. If it's a positive emotion, think about how to savor or amplify it.

Step 7: Practice Regularly

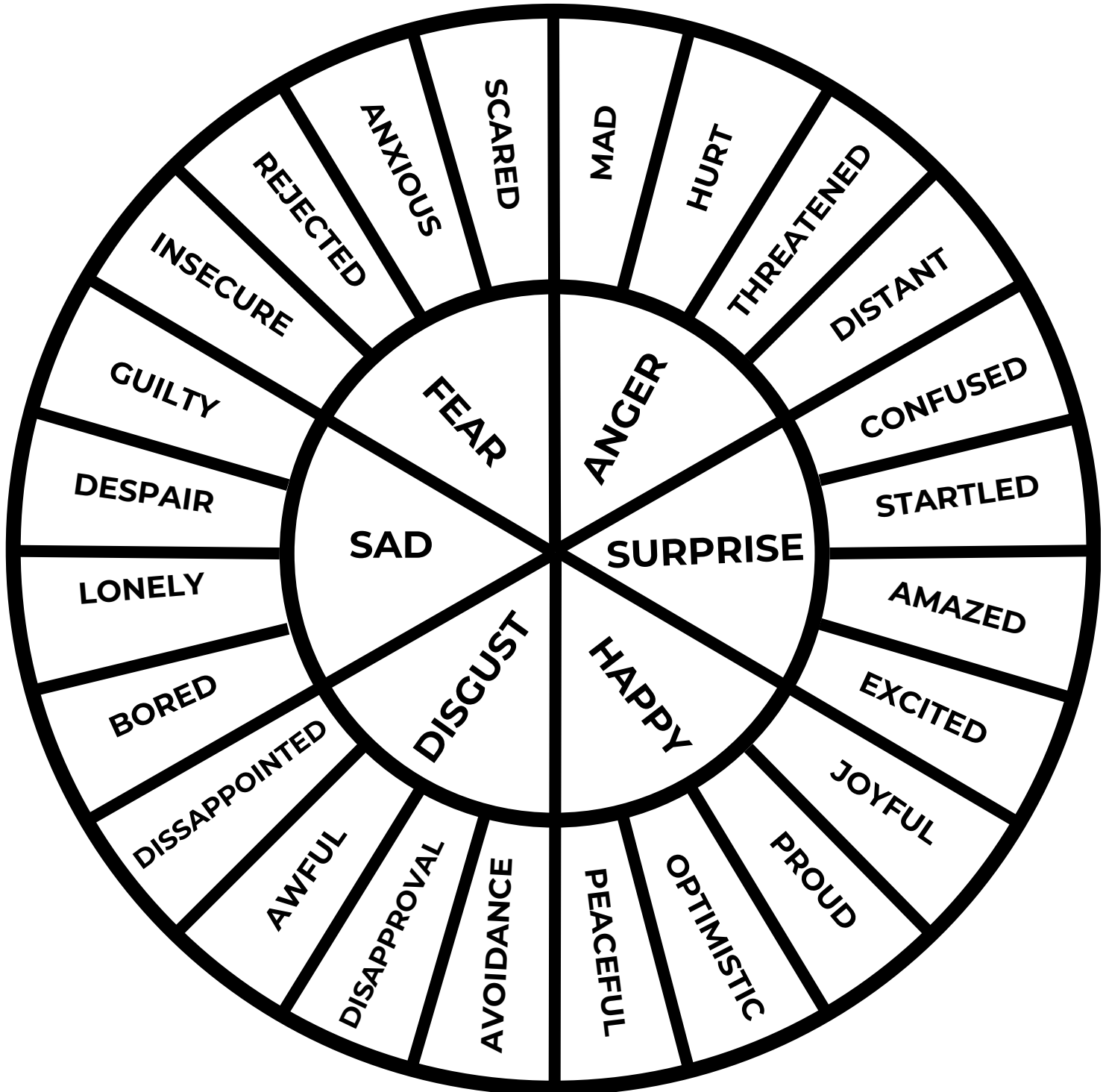
The more you use the Emotions Wheel, the easier and more intuitive it will become. Regular use can enhance your emotional intelligence, helping you quickly identify and address your feelings in various situations.

By following these steps, the Emotions Wheel can be a valuable tool for understanding and articulating your emotional world, enhancing both personal insight and communication with others.

Emotions Wheel



Emotions Wheel



Primary Emotions

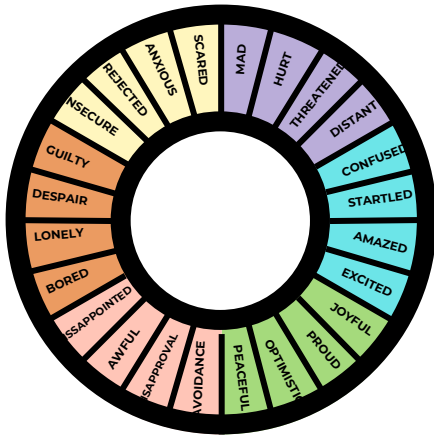
Primary emotions (inner circle of emotions wheel) are fundamental feelings that are universally recognized and usually experienced from birth. These emotions are considered to be innate rather than learned and serve as the foundation for more complex and nuanced emotional experiences. Here's a brief look at each:

- **Disgust:** Disgust is a powerful aversive emotion that leads to feelings of revulsion or profound disapproval triggered by something unpleasant or offensive. It is thought to have evolved as a reaction to substances or situations that pose a risk of infection or harm, protecting us by prompting avoidant behavior.
- **Sadness:** Sadness is a deep, often poignant emotion characterized by feelings of loss, despair, or hopelessness. This emotion can be triggered by a variety of experiences, such as the loss of a loved one, failure, or disappointment. It's a natural part of the human experience and can lead to introspection, helping individuals to process and come to terms with their loss or circumstances.
- **Fear:** Fear is a primal emotion that triggers the body's fight-or-flight response. It arises from the anticipation of harm, whether physical, psychological, or existential. Fear is critical for survival, as it helps organisms respond to and avoid threatening situations.
- **Anger:** Anger is a powerful emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong. Anger can be a good thing, providing a way to express negative feelings or motivate you to find solutions to problems. However, excessive anger can cause problems.
- **Surprise:** Surprise is a brief emotional state resulting from an unexpected event. It can be pleasant, unpleasant, or neutral. Surprise interrupts our current activity, forcing us to shift our attention to the new event, and is often followed quickly by other emotions as we process the unexpected event.
- **Happiness:** Happiness is a state of well-being and contentment, encompassing moments from mild pleasure to intense joy. It's often regarded as the most sought-after emotion, associated with life satisfaction, appreciation, and meaningful connections with others. It can arise from achievements, relationships, or self-satisfaction.

These primary emotions serve as the building blocks for our emotional lives, influencing behavior, decision-making, and relationships with others.

Secondary Emotions

Building from the foundational primary emotions, here is an expanded list of secondary emotions, including those you've specified, often experienced in our complex emotional lives:



Derived from Fear:

- **Scared:** Alarmed or frightened feeling
- **Anxious:** Persistent worry about potential negative outcomes
- **Threatened:** Feeling of impending danger or vulnerability
- **Nervousness:** Apprehension or unease about an uncertain outcome

Derived from Disgust:

- **Awful:** Intense displeasure and negativity
- **Disapproval:** Judgemental feeling against something or someone
- **Revulsion:** Deep aversion often leading to a physical reaction
- **Contempt:** Deep disrespect or disdain for something seen as inferior

Derived from Anger:

- **Mad:** Intense irritation or fury
- **Frustration:** Agitation at being impeded in achieving goals
- **Resentment:** Lingering anger or bitterness over past wrongs
- **Indignation:** Anger at perceived injustice or unfairness

Derived from Sadness:

- **Lonely:** Sense of isolation and disconnection
- **Despair:** Profound sense of hopelessness
- **Disappointed:** Feeling of unmet expectations
- **Regret:** Sorrow over past actions or missed opportunities

Derived from Surprise:

- **Startled:** Sudden shock causing a brief reaction
- **Amazed:** Feeling of wonder or astonishment
- **Confused:** State of perplexity or uncertainty
- **Bewilderment:** Feeling overwhelmed with confusion

Derived from Disgust:

Mild Dislike: A faint feeling of aversion or displeasure toward something.

Disfavor: A sense of disapproval or dislike for something, often leading to a preference for avoidance.

Distaste: Aversion or dislike for something, particularly in taste or preference.

Displeased: Feeling unhappy or unsatisfied with something.

Discomfort: A sense of unease or mild aversion toward something unpleasant.

Disappointment: Feeling let down or unsatisfied by something that doesn't meet expectations.

Aversion: A strong desire to avoid something due to dislike or disgust.

Repugnance: A strong feeling of aversion or disgust, often visceral.

Squeamishness: Easily nauseated or disgusted by unpleasant images or concepts, especially blood or gore.

Antipathy: A deep-seated feeling of dislike or aversion towards something or someone.

Revulsion: Intense loathing or disgust, often accompanied by a physical reaction.

Nausea: A physical sensation often accompanying disgust, leading to a feeling of wanting to vomit.

Contempt: Deep disrespect or disdain for something seen as inferior or unworthy.

Abhorrence: Feeling of extreme hatred or loathing, a stronger variant of disgust.

Loathing: Intense dislike or disgust, often for someone or something seen as repulsive or vile.

Animosity: Strong hostility that often includes disgust or aversion.

Derision: Scornful contempt, often mixed with disgust or disdain.

Odium: General or widespread hatred or disgust directed toward someone as a result of their actions.

Appalled: Being shocked and disgusted by something offensive or horrific.

Execration: A feeling of angry disgust or vehement denunciation.

Repulsion: A strong feeling of aversion or disgust, often leading to physical withdrawal.

Outrage: Intense reaction combining anger, shock, or indignation, often in response to something seen as offensive or disgusting.

Horror: Deep and intense fear mixed with disgust.

Detestation: Intense dislike or hatred, a strong form of disgust.

Reviled: Feeling intense disgust or hatred, often for something considered offensive or despicable.

Abomination: Something that evokes hatred or disgust, often used for morally reprehensible actions or ideas.

Horrificed: Feeling of intense shock, fear, and disgust typically in response to something frightening or repugnant.

Vehemence: A strong feeling of disgust or abhorrence, often accompanied by anger or passion.

Offense: Feeling upset, insulted, or disgusted by something considered rude or disrespectful.

Loathsome: Causing intense hatred or disgust, extremely unattractive or offensive in nature.

Derived from Sadness:

Disappointment: Feeling of dissatisfaction when expectations or hopes are not met.

Dismay: A sudden or complete loss of courage or resolution from fear or disappointment.

Gloom: A sense of despondency or depression, often pervasive and low-level.

Downheartedness: A feeling of mild depression or being low in spirit.

Desolation: A sense of emptiness or abandonment, often leading to deep sadness.

Sorrow: A deeper and more acute sense of loss or unhappiness, often for a specific reason.

Woe: Intense misery or grievous distress related to misfortune or suffering.

Melancholy: A reflective form of sadness, often with no obvious cause.

Mournfulness: Feeling of deep sadness associated with loss or death.

Heartache: Emotional pain or distress, typically due to grief or loss.

Grief: Intense sorrow, especially caused by someone's death.

Anguish: Severe mental or physical pain or suffering.

Despair: The complete loss or absence of hope.

Hopelessness: A feeling of despair about the future or a situation.

Misery: A state of great distress or discomfort of mind or body.

Regret: Sadness or remorse for something done or left undone.

Ruefulness: Regret or sorrow for things that have happened.

Pining: Longing or yearning deeply, often with sadness.

Forlornness: Pitifully sad and abandoned or lonely.

Lamentation: Passionate expression of grief, often in music, poetry, or song.

Remorse: Deep regret or guilt for a wrong committed.

Bereavement: The state of sorrow over the death or departure of a loved one.

Dolor: A state of great sorrow or distress.

Woefulness: Full of woe; involving or characterized by misery or sorrow.

Morbidity: A sense of gloominess or unhealthiness, often fixated on the topic of death.

Heavy-heartedness: Feeling depressed or melancholic; a sense of profound sadness.

Agony: Extreme physical or mental suffering.

Dejection: A sad and depressed state; low spirits.

Blue: Feeling or showing deep unhappiness or unfulfilled longing.

Suffering: The state of undergoing pain, distress, or hardship.

Derived from Fear:

Worry: A state of anxiety and uncertainty over actual or potential problems.

Trepidation: A feeling of fear or agitation about something that may happen.

Nervousness: Apprehension or unease, typically about an imminent event or something with an uncertain outcome.

Anxiety: Intense, excessive, and persistent worry and fear about everyday situations.

Dread: Great fear or apprehension, especially toward a future event.

Fright: A sudden intense feeling of fear, often momentarily shocking.

Panic: Sudden uncontrollable fear or anxiety, often causing wildly unthinking behavior.

Alarm: A sudden fear or distressing suspense caused by an awareness of danger.

Horror: Intense fear, shock, or disgust.

Terror: Extreme fear that immobilizes or overwhelms an individual.

Apprehension: Anxiety or fear that something bad or unpleasant will happen.

Consternation: Feelings of anxiety or dismay, typically at something unexpected.

Phobia: An extreme or irrational fear of or aversion to something.

Misgiving: A feeling of doubt or apprehension about the outcome or consequences of something.

Foreboding: Fearful apprehension; a feeling that something bad will happen.

Scared: Feeling frightened or afraid, typically of a specific known threat.

Petrified: So frightened as to be unable to move or think.

Paranoia: An irrational and persistent feeling of being persecuted or mistrusted.

Hysteria: Exaggerated or uncontrollable emotion or excitement, especially among a group of people.

Angst: A feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general.

Suspicion: A feeling or thought that something is possible, likely, or true, coupled with a fear of the unknown or unfamiliar.

Jitters: Nervousness or restlessness, often before a significant event.

Disquiet: A feeling of worry or unease.

Creeped Out: Feeling of unease or fear, especially in response to something strange or unusual.

Unease: Mild anxiety or discomfort.

Heebie-Jeebies: A state of nervous fear or anxiety.

Spooked: Scared; unnerved; feeling a sense of fear or agitation.

Startled: Feeling or showing sudden shock or alarm.

Chill: A sensation of coldness, often accompanied by a shuddering fear or dread.

Timidity: Lack of courage or confidence, often resulting from fear.

Derived from Anger:

Irritation: A feeling of agitation or annoyance at something, often minor or persistent.

Frustration: Feeling upset or annoyed due to inability to change or achieve something.

Annoyance: Mild anger; a feeling of being bothered or disturbed.

Aggravation: Intensification of anger or annoyance, often due to ongoing or repeated annoyances.

Exasperation: A feeling of intense irritation or annoyance, often after repeated provocations.

Rage: Extreme, uncontrolled anger that often leads to violent outbursts or actions.

Fury: Wild or violent anger, often leading to uncontrolled and destructive behavior.

Outrage: Powerful anger and shock, typically provoked by perceived injustice or offense.

Wrath: Intense, vengeful anger, often with a desire for retaliation.

Indignation: Anger or annoyance provoked by what is perceived as unfair treatment.

Resentment: Bitter indignation at having been treated unfairly, often harboring silent anger and hostility.

Bitterness: Long-lasting resentment or anger characterized by an intense animosity.

Hostility: Aggressive or oppositional feelings or attitudes, often leading to antagonistic behavior.

Vexation: The state of being annoyed, frustrated, or worried about something.

Disgruntlement: A feeling of discontent or displeasure, especially about a situation perceived as unfair.

Lividity: Extreme anger, sometimes described as "being livid," characterized by flushed or red appearance due to strong emotion.

Spite: A desire to harm, annoy, or offend someone, often arising from a grudge or resentment.

Venom: Extreme malice or bitterness in feeling or speech, often with a desire to inflict harm.

Scorn: A feeling of contempt or disdain for someone or something deemed unworthy.

Sulkiness: A mood of brooding or resentful silence, often due to minor irritations or perceived slights.

Temper: A state of agitated irritation or anger, often characterized by impulsive reactions.

Choler: An old term for anger or irritability, often used in literary contexts.

Petulance: Childish, sulky, or bad-tempered behavior or attitude, often over minor annoyances.

Ire: Intense anger, often characterized as wrath or rage.

Gall: Bold and impudent behavior, often driven by bitterness or anger.

Pique: A feeling of irritation or resentment, typically arising from wounded pride or vanity.

Crossness: Being angry or annoyed, typically expressed in a grumpy or argumentative manner.

Provocation: A feeling of being stirred up to anger or annoyance.

Rancor: Bitter, long-lasting resentment or anger, often due to past insults or injustices.

Acrimony: Bitterness or ill feeling, often manifesting in sharp or biting comments or behavior.

Derived from Surprise:

Amazement: A feeling of great wonder or astonishment, often unexpected.

Astonishment: Great surprise or amazement, typically at something unexpected.

Shock: A sudden, upsetting, or surprising event or experience.

Bewilderment: A state of being confused and puzzled, often due to something unexpected.

Startled: A brief moment of shock or surprise, often accompanied by a quick physical reaction.

Dumbfounded: Speechless or astonished, often to the point of confusion.

Flabbergasted: Overwhelmed with shock, surprise, or astonishment.

Stunned: So shocked or surprised as to be unable to speak or react.

Disbelief: Inability or refusal to accept that something is true or real, often because it is too surprising or shocking.

Perplexity: The state of being puzzled or confused, often due to unexpected events or situations.

Awe: An overwhelming feeling of reverence, admiration, fear, etc., produced by something grand, sublime, or extremely powerful.

Incredulity: The state of being unwilling or unable to believe something, often because it is so surprising.

Bafflement: A feeling of being utterly confused or bewildered.

Speechless: Temporarily unable to speak, typically due to shock or surprise.

Astounded: Filled with astonishment or shock.

Thunderstruck: Extremely surprised or shocked, like being hit by thunder.

Confounded: Used to express anger or annoyance, often at something surprising or perplexing.

Jolted: A sudden emotional or psychological shock.

Marveling: Feeling great wonder or astonishment, often with admiration.

Staggered: Deeply shocked or astonished, as if unable to believe.

Gobsmacked: Utterly astonished or surprised, often to the point of speechlessness.

Mystified: Utterly bewildered or perplexed.

Nonplussed: So surprised and confused that one is unsure how to react.

Agape: Wide open, especially with surprise or wonder.

Eyes wide open: In a state of open-eyed surprise or wonder.

Dazed: Unable to think or react properly; bewildered.

Spellbound: Held completely captivated or in awe, often due to surprise.

Taken aback: Surprised or shocked so much that you are slightly confused.

Whiplashed: Experiencing a rapid or unexpected reversal, as if from a sharp and sudden force.

Overwhelmed: Having a strong emotional effect, to the point where it is difficult to think or react.

Derived from Happiness:

Contentment: A state of satisfaction and ease, feeling that everything is as it should be.

Joy: A feeling of great pleasure and happiness, often deeper and more intense than mere contentment.

Elation: A state of extreme happiness and exhilaration, often for a particular reason.

Satisfaction: A feeling of fulfillment or gratification, often after achieving something or having one's needs met.

Cheerfulness: A mood or disposition characterized by high spirits and the tendency to look at the brighter side of things.

Delight: A high degree of pleasure or enjoyment, joy or satisfaction.

Bliss: Perfect happiness; serene joy, often with a sense of fulfillment or transcendence.

Gladness: Feeling pleased, content, or happy about something.

Joviality: Characterized by good-humored cheerfulness and conviviality.

Gaiety: The state or quality of being light-hearted or cheerful.

Merriment: Fun, enjoyment, and laughter, often in a social context.

Exhilaration: Feeling lively and cheerful, full of excitement or energy.

Ecstasy: An overwhelming feeling of joy and delight, often beyond what is usual or expected.

Triumph: A great victory or achievement, accompanied by a feeling of intense satisfaction.

Gratification: Pleasure when your wishes, expectations, or needs are fulfilled

Optimism: Hopefulness and confidence about the future or successful outcome of something.

Radiance: Emitting joy, love, or health; a happiness that can be seen.

Enthrallment: A feeling of great pleasure and delight, often to the point where one is captivated or completely taken in.

Beatitude: A state of utmost bliss and happiness, often with a spiritual context.

Serenity: The state of being calm, peaceful, and untroubled, contributing to a sense of happiness.

Buoyancy: A cheerful and optimistic attitude or disposition.

Jubilation: A feeling of great happiness and triumph, often for a specific reason or event.

Vivacity: The quality of being attractively lively and animated, adding to a sense of happiness.

Fulfillment: A feeling of satisfaction or happiness as a result of fully developing one's abilities or character.

Amusement: The pleasure that comes from being entertained or from seeing something funny.

Euphoria: A feeling or state of intense excitement and happiness, often more than what is grounded in reality.

Rapture: A feeling of intense pleasure or joy, often transcending ordinary experiences.

Geniality: The quality of having a friendly and cheerful manner, contributing to a pleasant sense of happiness.

Zest: Great enthusiasm and energy, resulting in a joyful and fulfilling experience.

Warmth: A quality of kindness, tenderness, or affection, contributing to a feeling of comfort and happiness.

Emotions that are Most Commonly Misunderstood

1. Anger: Often seen as just a negative or aggressive emotion, anger is actually a natural response that can signify something is wrong or unjust. It can motivate individuals to address problems or stand up for themselves. However, when not managed properly, it can lead to destructive behavior.

2. Sadness: Sometimes viewed as a sign of weakness, sadness is a normal, healthy emotion that allows individuals to process loss or disappointment. It's a necessary emotion for healing and moving on. Misunderstanding sadness can lead to suppressing emotions, which might exacerbate feelings of depression or isolation.

3. Fear: Often perceived as a negative emotion to be avoided, fear is a protective mechanism that alerts us to danger and prepares us to deal with it. It's not always a sign of cowardice or weakness; acknowledging fear can lead to cautious and wise decision-making.

4. Envy: Typically seen as petty or malicious, envy can actually provide insight into our desires and goals. It can highlight what we admire and aspire to achieve. The key is to recognize envy and use it as motivation for self-improvement rather than as a source of resentment.

5. Jealousy: Frequently confused with envy, jealousy involves fear of losing something one already has (like a relationship) to someone else. It's often portrayed negatively but feeling jealous can be a signal to examine and reinforce one's values and relationships.

6. Guilt: Often associated with shame and embarrassment, guilt is actually a moral emotion that indicates when we've acted against our own ethical codes. It can lead to constructive behavior, such as making amends or changing future actions.

7. Pride: While excessive pride can be harmful (arrogance), healthy pride is an affirmation of one's own worth and accomplishments. It's a positive feeling that encourages individuals to continue productive behaviors and maintain standards.

8. Apathy: Sometimes mistaken for laziness or lack of ambition, apathy can be a protective mechanism against overwhelming emotions or as a symptom of deeper issues like depression. It's a state of indifference that can signal the need for help or a break.

9. Boredom: Often dismissed as a trivial or lazy emotion, boredom can indicate a lack of mental stimulation or a need for change. It can spur creativity and motivate people to seek new experiences or challenges.

10. Contempt: Frequently confused with dislike or hatred, contempt carries a strong sense of disdain and is often directed towards perceived lower status or worthiness. Understanding contempt can be key in addressing underlying issues in relationships or societal structures.