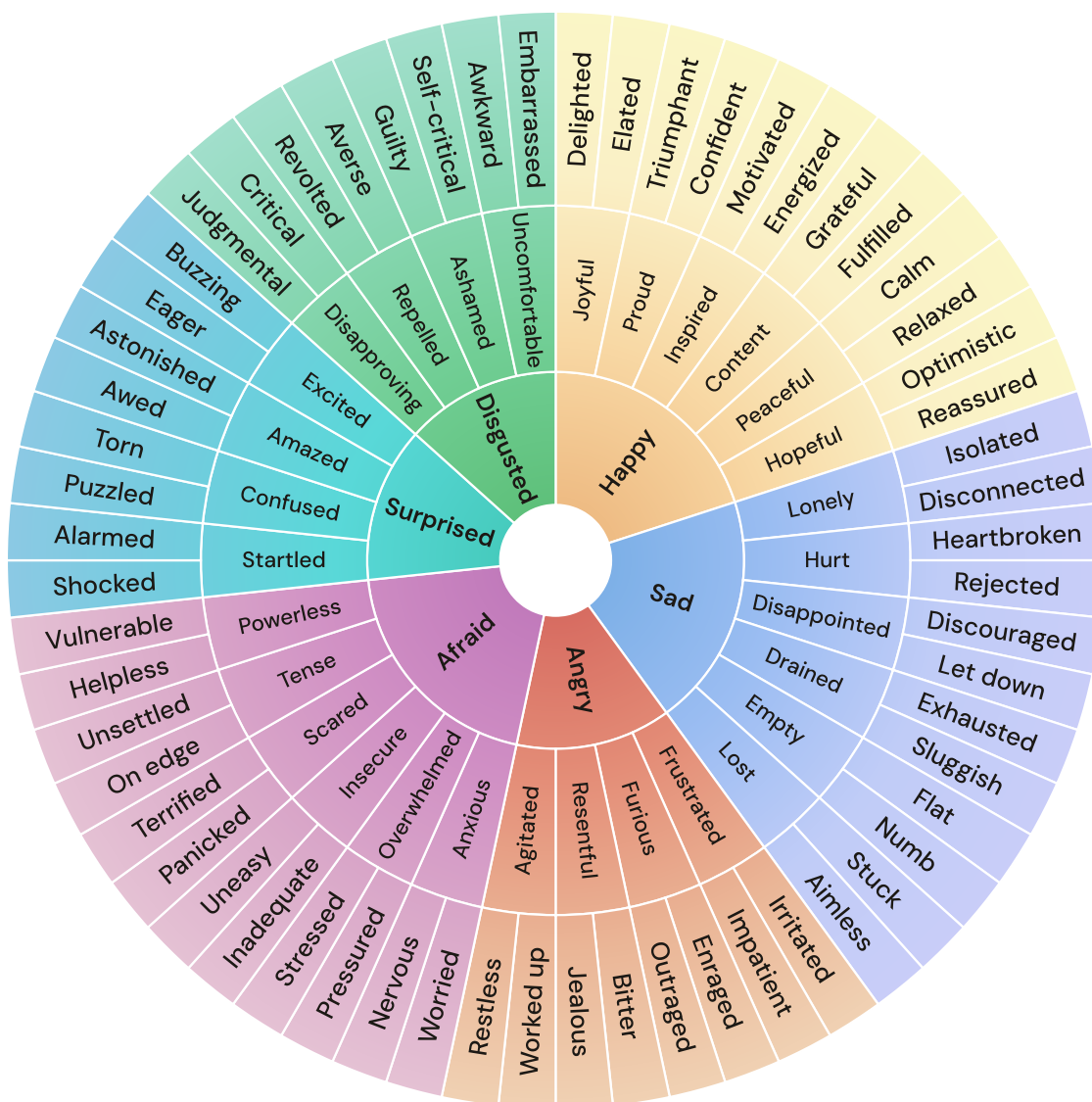


Feelings Wheel (Emotion Wheel)



Happy

Joyful Delighted, Elated
Proud Triumphant, Confident
Inspired Motivated, Energized
Content Grateful, Fulfilled
Peaceful Calm, Relaxed
Hopeful Optimistic, Reassured

Afraid

Anxious Worried, Nervous
Overwhelmed Pressured, Stressed
Insecure Inadequate, Uneasy
Scared Panicked, Terrified
Tense On edge, Unsettled
Powerless Helpless, Vulnerable

Sad

Lonely Isolated, Disconnected
Hurt Heartbroken, Rejected
Disappointed Discouraged, Let down
Drained Exhausted, Sluggish
Empty Flat, Numb
Lost Stuck, Aimless

Surprised

Startled Shocked, Alarmed
Confused Puzzled, Torn
Amazed Awed, Astonished
Excited Eager, Buzzy

Angry

Frustrated Irritated, Impatient
Furious Enraged, Outraged
Resentful Bitter, Jealous
Agitated Worked up, Restless

Disgusted

Disapproving Judgmental, Critical
Repelled Revolted, Averse
Ashamed Guilty, Self-critical
Uncomfortable Awkward, Embarrassed