

EMOTION & FEELING WHEEL

The diagram is a circular wheel divided into four main colored segments, each representing a primary emotion. Each segment is further divided into sub-segments representing related feelings. The emotions are arranged in concentric rings, with the most intense or basic emotion in the center and more specific or nuanced feelings in the outer rings.

- Anger (Pink Segment):** Includes Aggravated, Annoyed, Frustrated, Agitated, Hostile, Hate, Dread, Mortified, Anxious, Worried, Inadequate, Inferior, Hysterical, Panic, Helpless, Frightened, Satisfied, Relieved, Compassionate, Caring, Infatuation, Passion, Attracted, Sentimental, Fondness, Romantic, Rapture, Enchanted, Jubilation, Euphoric, Zeal, Excited, Hopeful, Eager, Illustrious, Triumphant, Blissful, Jovial, Delighted, Amused, Satisfied, Pleased, Touched, Stimulated, Astonished, Speechless, Awe-struck, Perplexed, Disillusioned, Dismayed, Shocked, Powerless, Grief, Lonely, Isolated, Guilty, Regretful, Displeased, Dismayed, Sorrow, Depressed, Hurt, Agony, Revolted, Contempt, Jealous, Resentful, Envy, Disgust, Suffering, Sadness, Disappointed, Shameful, Neglected, Despair, Stunned, Confused, Amazed, Overcome, Moved, Content, Happy, Cheerful, Proud, Optimistic, Enthusiastic, Elation, Enthralled, Affectionate, Longing, Desire, Tenderness, Peaceful, Scared, Terror, Insecure, Nervous, Horror, Rage, Exasperated, Irritable, and Envy.
- Sadness (Blue Segment):** Includes Agony, Revolted, Contempt, Jealous, Resentful, Envy, Disgust, Suffering, Sadness, Disappointed, Shameful, Neglected, Despair, Stunned, Confused, Amazed, Overcome, Moved, Content, Happy, Cheerful, Proud, Optimistic, Enthusiastic, Elation, Enthralled, Affectionate, Longing, Desire, Tenderness, Peaceful, Scared, Terror, Insecure, Nervous, Horror, Rage, Exasperated, Irritable, and Envy.
- Surprise (Teal Segment):** Includes Astonished, Speechless, Awe-struck, Perplexed, Disillusioned, Dismayed, Shocked, Powerless, Grief, Lonely, Isolated, Guilty, Regretful, Displeased, Dismayed, Sorrow, Depressed, Hurt, Agony, Revolted, Contempt, Jealous, Resentful, Envy, Disgust, Suffering, Sadness, Disappointed, Shameful, Neglected, Despair, Stunned, Confused, Amazed, Overcome, Moved, Content, Happy, Cheerful, Proud, Optimistic, Enthusiastic, Elation, Enthralled, Affectionate, Longing, Desire, Tenderness, Peaceful, Scared, Terror, Insecure, Nervous, Horror, Rage, Exasperated, Irritable, and Envy.
- Joy (Green Segment):** Includes Astonished, Speechless, Awe-struck, Perplexed, Disillusioned, Dismayed, Shocked, Powerless, Grief, Lonely, Isolated, Guilty, Regretful, Displeased, Dismayed, Sorrow, Depressed, Hurt, Agony, Revolted, Contempt, Jealous, Resentful, Envy, Disgust, Suffering, Sadness, Disappointed, Shameful, Neglected, Despair, Stunned, Confused, Amazed, Overcome, Moved, Content, Happy, Cheerful, Proud, Optimistic, Enthusiastic, Elation, Enthralled, Affectionate, Longing, Desire, Tenderness, Peaceful, Scared, Terror, Insecure, Nervous, Horror, Rage, Exasperated, Irritable, and Envy.

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