Feelings Wheel

10 core emotion families in the center · 50 specific feelings outside



1 Pick a family
in the center: what's closest now?

2 Move outward
to the word that fits best

3 Rate it
from 1 to 10 and write it down

Words and families from the EmoAtlas list of emotions: emoatlas.com/blog/list-of-emotions
Free to reuse with a link to emoatlas.com · license CC BY 4.0