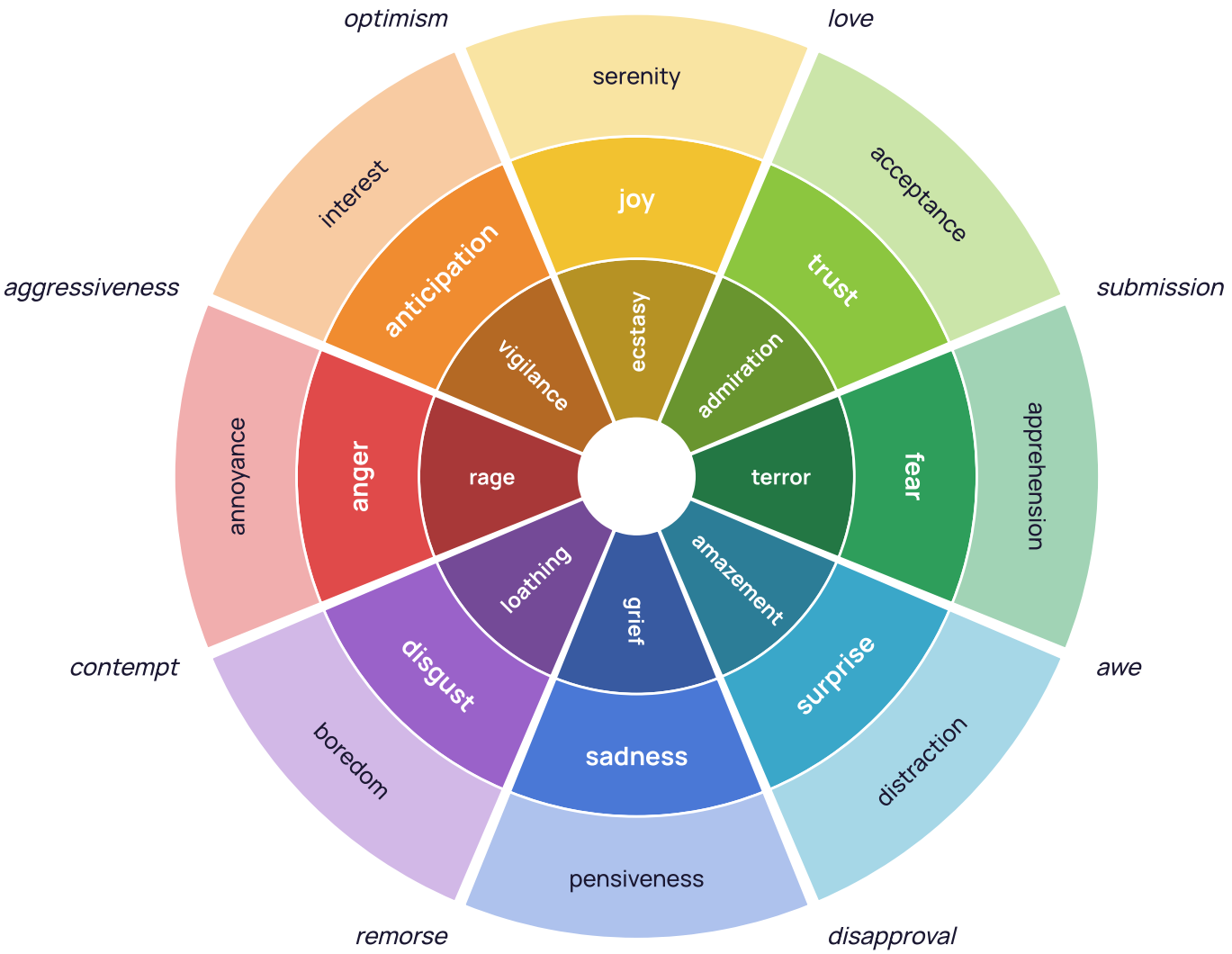
Plutchik's Wheel of Emotions

8 basic emotions · stronger toward the center · in italics: mixed emotions



Three intensities and opposites

Joy
serenity › joy › ecstasy
opposite: sadness

Sadness
pensiveness › sadness › grief
opposite: joy

Trust
acceptance › trust › admiration
opposite: disgust

Disgust
boredom › disgust › loathing
opposite: trust

Fear
apprehension › fear › terror
opposite: anger

Anger
annoyance › anger › rage
opposite: fear

Surprise
distraction › surprise › amazement
opposite: anticipation

Anticipation
interest › anticipation › vigilance
opposite: surprise

Based on psychologist Robert Plutchik's model. Drawing: EmoAtlas, emoatlas.com/blog/feelings-wheel-pdf
Free to reuse with a link to emoatlas.com · license CC BY 4.0