

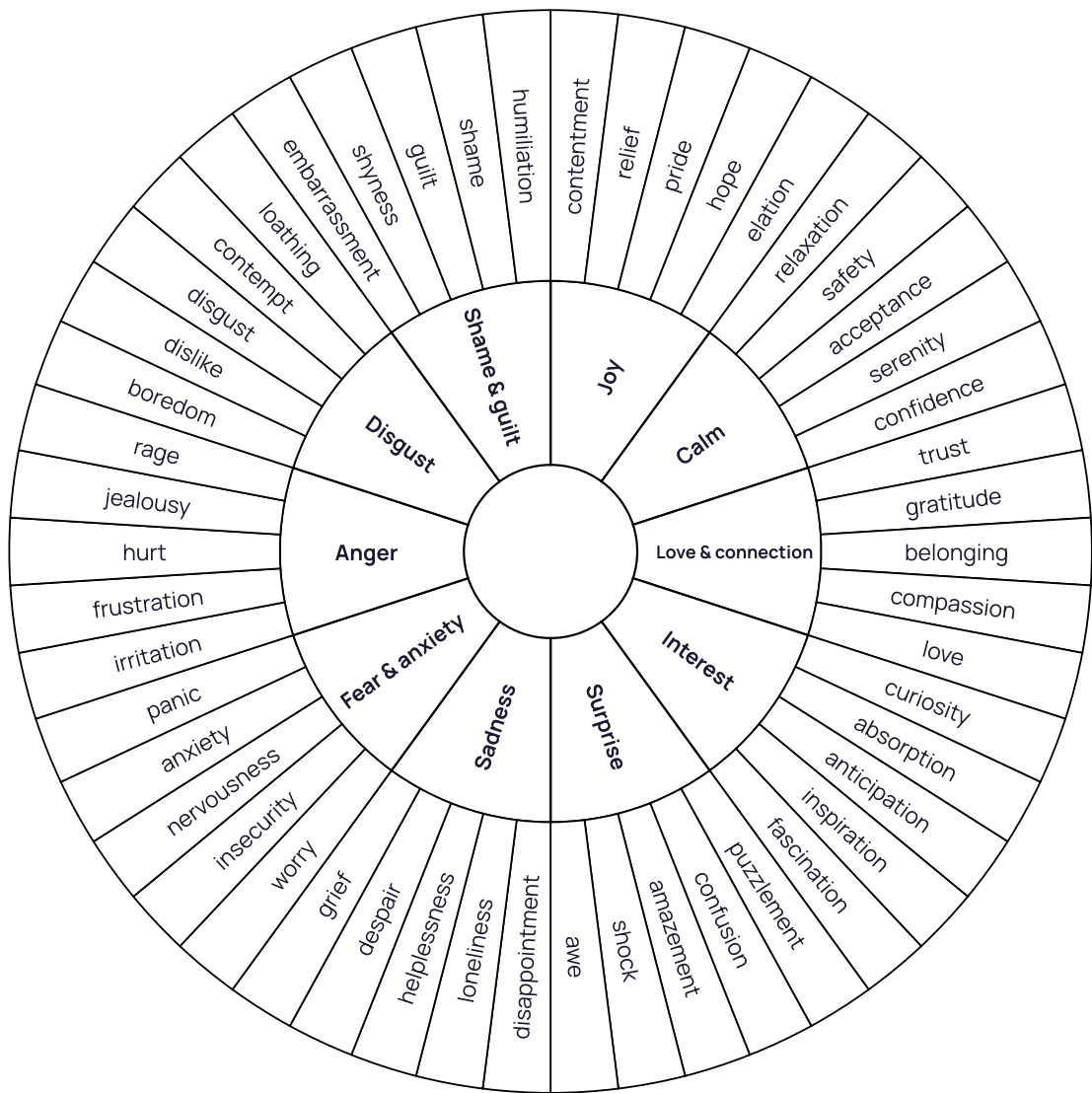
Feelings Wheel Black and White: Printable PDF

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Black and white wheels: outlines with no fill print on any printer and save color ink. You can color the sections in, using whatever color you connect with each emotion.

Feelings Wheel

10 core families in the center · 50 specific feelings outside

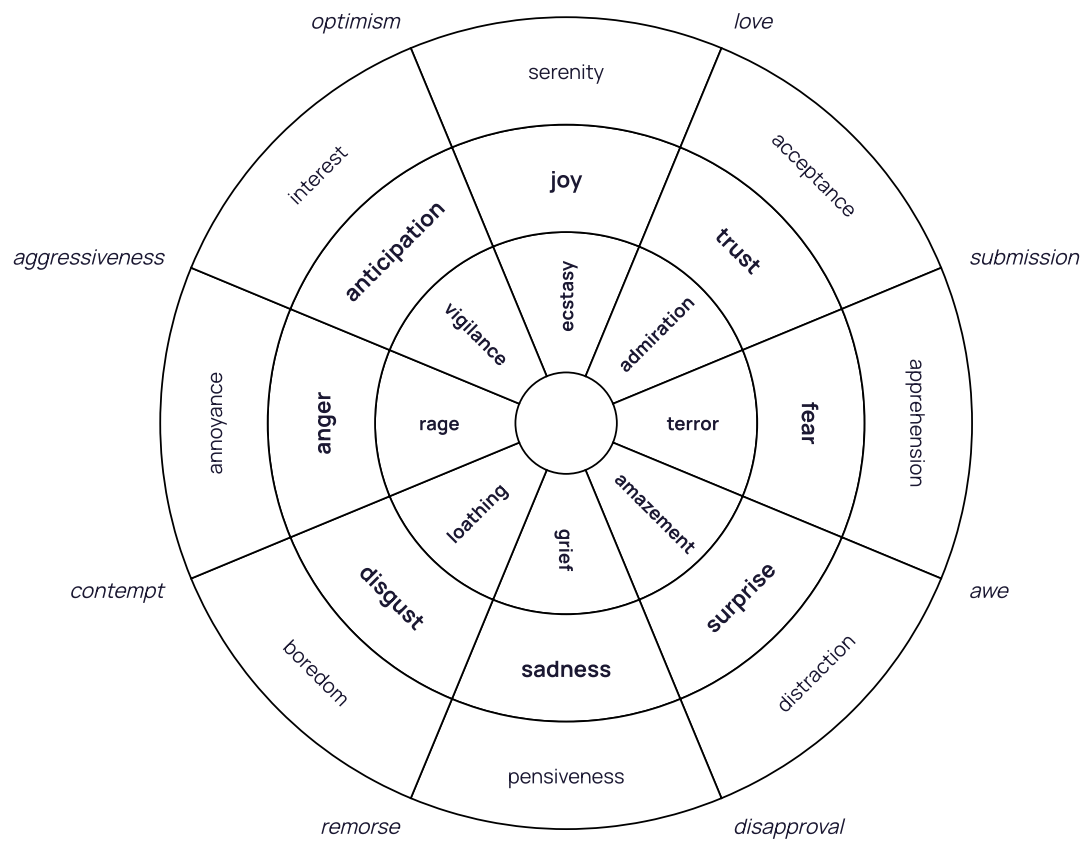


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Plutchik's wheel of emotions: eight basic emotions at three intensities, strongest in the center. Circle the word that fits right now.

Plutchik's Wheel of Emotions

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



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How to use it: "Feelings Wheel: Free Printable PDF and How to Use It" at emoatlas.com/blog/feelings-wheel-pdf. For self-reflection only; not a substitute for professional advice.