

Feelings Wheel Printable (Free PDF)

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Start in the center with the core family that fits best, then move outward to a more specific feeling. Name it, rate it 1 to 10, and notice where you feel it in your body.



The EmoAtlas feelings wheel: start with a family in the center and move outward to a more precise word.

The feelings wheel as a list

CORE FAMILY (CENTER)	SPECIFIC FEELINGS (OUTER RING)
Joy	contentment, relief, pride, hope, elation
Calm	relaxation, safety, acceptance, serenity, confidence
Love & connection	trust, gratitude, belonging, compassion, love
Interest	curiosity, absorption, anticipation, inspiration, fascination
Surprise	puzzlement, confusion, amazement, shock, awe
Sadness	disappointment, loneliness, helplessness, despair, grief
Fear & anxiety	worry, insecurity, nervousness, anxiety, panic
Anger	irritation, frustration, hurt, jealousy, rage

CORE FAMILY (CENTER)

SPECIFIC FEELINGS (OUTER RING)

Disgust	boredom, dislike, disgust, contempt, loathing
Shame & guilt	embarrassment, shyness, guilt, shame, humiliation

Plutchik's wheel of emotions: eight basic emotions at three intensities, with mixed emotions between neighboring petals. For 100+ words with meanings, see the list of emotions.



Plutchik's wheel of emotions. Strongest forms in the center, mildest at the edge. In italics: mixed emotions of neighboring petals.

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.