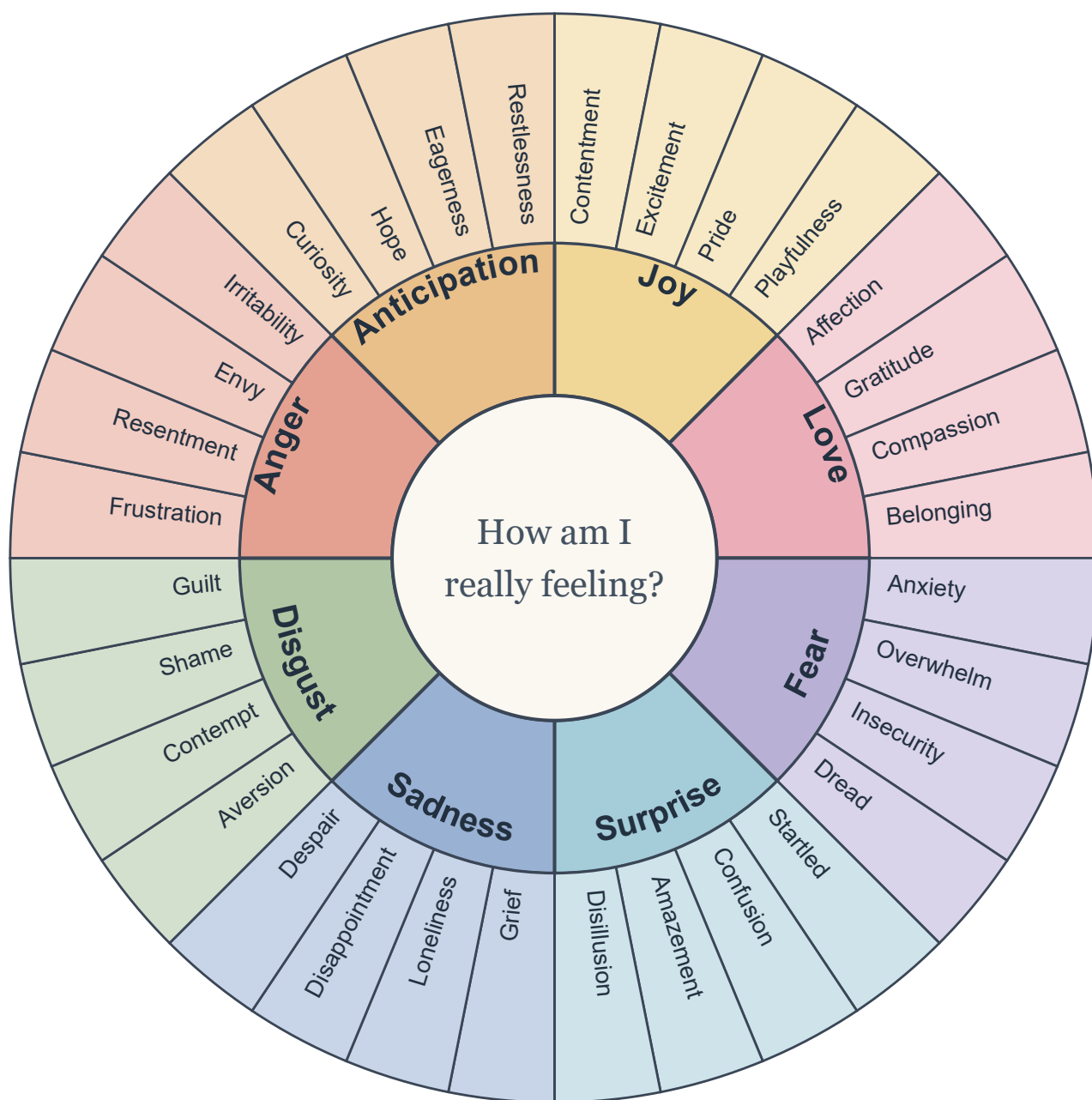


The Feelings Wheel

Most of us grew up with a vocabulary of about four feelings. Naming the precise one is the first step to working with an emotion instead of being run by it.



Start in the middle. The eight families of feeling.

Move outward for the more precise shade.

The Eight Families of Feeling

Every emotion is information. Each family below has a job it is trying to do. Read the message before judging the messenger, then choose your response.

Joy

Signals something is genuinely good for you. Broadens attention and builds energy.

- **Contentment** enough, nothing missing
- **Excitement** engine revving
- **Pride** earned effort
- **Playfulness** stakes removed

Love

The bond emotion. Tells you who matters and makes caring for them feel worth it.

- **Affection** everyday warmth
- **Gratitude** love for what you have
- **Compassion** love meeting pain
- **Belonging** known and wanted

Fear

Your threat detector. Sharpens the senses and points at what you do not want to lose.

- **Anxiety** future tense
- **Overwhelm** too much load
- **Insecurity** not enough
- **Dread** a fear with a date

Surprise

The reset button on attention. Clears the slate so you can take in the unexpected.

- **Startled** pure reflex
- **Confusion** map rebuilding
- **Amazement** wonder
- **Disillusion** a picture lost

Sadness

The emotion of loss. Slows you down to process what is gone and signals others you need care.

- **Grief** after a real loss
- **Loneliness** missing connection
- **Disappointment** hope meets reality
- **Despair** belief nothing will change

Disgust

Your integrity alarm. Rejects what could contaminate your body or violate your values.

- **Aversion** mild recoil
- **Contempt** looking down on someone
- **Shame** "I am bad"
- **Guilt** "I did something bad"

Anger

The boundary emotion. Fires when something you value is threatened, and hands you energy to act.

- **Frustration** a blocked goal
- **Resentment** unspoken, aged in the dark
- **Envy** wanting what they have
- **Irritability** hair trigger

Anticipation

The forward-looking emotion. Aims attention and energy at what is coming. The engine of hope and planning.

- **Curiosity** the itch to know
- **Hope** better, held with a plan
- **Eagerness** ready to start now
- **Restlessness** fuel with no target